Blend It with Dairy at Home

Each smoothie recipe makes four 8 ounce servings or two 16 ounce servings.

Blueberry Banana Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 4 cups frozen blueberries
• 2 bananas

Berry Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 2 cups frozen blueberries
• 2 cups frozen strawberries
• 6 oz. (3/4 cup) dried cranberries reconstituted (soak for 10 minutes in 1 cup of warm tap water)

Blueberry Banana Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 4 cups frozen blueberries
• 2 bananas

Orange Creamsicle Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 8 oz. mandarin oranges

More ideas:
• Try substituting vanilla Greek yogurt for a protein packed smoothie
• Use vegetables and fruits you have on hand and be creative
• Freeze leftovers in a paper cup for smoothie popsicles

Peanut Butter Split Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 2 frozen bananas
• 2 teaspoons peanut butter

Strawberry Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 5 cups frozen strawberries

Strawberry Banana Smoothie
Ingredients:
• 16 oz. (2 cups) low-fat vanilla yogurt
• 4 cups frozen strawberries
• 2 bananas

Adapted from the Dairy Council of Florida
Smoothie recipes created by Nassau County School District