

Snacks

Fruit Smoothie

Makes 4 cups

Choose your favorite fruit to make this delicious smoothie. Some great smoothie options are strawberry, blueberry, mango, and peach. Many fruits taste great together—try combinations like strawberry banana or kiwi raspberry.

Get an adult's help to cut the fruit and use the blender! (If you don't use pre-frozen fruit, make sure to cut the fruit before you put it in the freezer.)

Ingredients:

1 cup frozen fruit cut into cubes

1 tablespoon honey

1 cup 100% juice or water

1 cup ice

Directions:

Place all items in a blender and blend until smooth!

Optional:

For a thicker smoothie, add 1 chopped banana. For a creamier smoothie, add 1 cup low-fat plain or vanilla yogurt.