



4-H HEALTHY HABITS

FRUIT SMOOTHIE

Ingredients:

- 1 banana
- 1 cup of fresh, frozen, or canned fruit
- $\frac{1}{4}$ cup of yogurt
- $\frac{1}{2}$ -1 cup of juice
- Optional: ice cubes, veggies



Directions:

1. Slice your banana
2. Add all fruit to blender
3. Scoop in yogurt
4. Add ice if desired, and then pour juice
5. Put lid on blender! Pulse 3 times and then blend until smooth



4-H Healthy Habits uses Learn, Grow, Eat & Go!, a research based curriculum of the Junior Master Gardener program.