



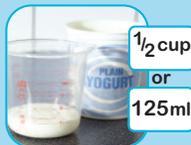
lip-smacking good smoothies

serves 2

ingredients



100% frozen juice



yogurt – plain or flavoured



milk

choose a fruit



fresh fruit

or



frozen fruit

or



canned fruit

Recipe serves 2—each serving represents:

 1 servings from the Vegetables and Fruit Food Group

 1/2 serving from the Milk Products Food Group

 based on Canada's Food Guide to Healthy Eating

This recipe is a healthy way for children to have a fruit and milk serving.

Eating healthy and being active will give you energy.



healthyalberta.com

1 Add ingredients into blender.



100% frozen juice + yogurt + milk



2 Add your choice of fruit.



fresh fruit or frozen fruit or canned fruit



Blend.



Pour into glass.

