

# Power Up Smoothie

Makes 2 servings • Serving Size: 1 cup

## Ingredients

**Choose 1/2 cup of a fruit:**

- Bananas • Strawberries • Peaches • Blueberries

**Choose 1 cup of a base:**

- Low-fat plain yogurt\*
- Low-fat vanilla yogurt\*
- Low-fat vanilla frozen yogurt\*
- Frozen fruit
- Frozen juice concentrate, such as apple or orange
- Ice cubes

**Choose 1/2 cup of a liquid:**

- Low-fat or fat-free milk\*
- Calcium-fortified soy milk\*
- 100% fruit juice

## Directions

Be sure to choose one or more of the starred ingredients so your smoothie has protein. You can also add tofu or nut butter. Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

