

# Fruit Smoothie

Choose your favorite fruit to make this smoothie!

Makes: 3 cups

## Kids' Tool Kit

Blender  
Measuring spoons  
Measuring cups  
Rubber spatula  
Knife  
Cutting board



## Ingredients:

- 1 cup plain or flavored yogurt
- ½ cup low fat milk
- 3 tablespoons nonfat dry milk
- 6 to 8 ice cubes
- 2 tablespoons sugar
- ½ teaspoon vanilla
- Choose 2 from list below:
  - 6 strawberries
  - ½ peach or banana
  - ⅓ cup canned peaches or pears
  - ¼ cup pineapple chunks
  - 1 tablespoon peanut butter
  - 1 tablespoon frozen juice concentrate

**Chef's Choice**  
Fruit Smoothie  
Cinnamon Toast



## Directions:

**Remember to wash your hands!**

1. Put all ingredients in blender and blend on high until smooth.
2. Store leftovers in refrigerator!

## Nutrition Facts

Serving Size 1 cup (188g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>4%</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 32g	
<b>Protein</b> 7g	
Vitamin A 2%	Vitamin C 40%
Calcium 25%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** Not only are the smoothies great tasting, but they are also packed with good nutrition. There's lots of calcium, which helps build strong bones and teeth, and vitamin D, which helps us use calcium. The fruit provides vitamin C to keep our gums and blood vessels healthy. The milk, yogurt and peanut butter supply protein to help build and repair skin, muscle and blood.



**Safety Tip:** Young children need supervision when using a blender. The blades are very sharp and could easily cut fingers. Help with assembly and clean-up. Make it a rule with kids that the lid is always on the blender while it is running. Turn it off when adding ingredients.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).