

SMOOTHIE BASE RECIPE AT HOME

1

yogurt

Add 1 Cup vanilla yogurt



2

milk

Add 1 Cup whole milk

TRY USING STRAWBERRY OR CHOCOLATE MILK!



3

fruit and toppings

Add 1 Cup frozen fruit
Optional: Top with 2 oz. granola



Blend!

SMOOTHIES MADE WITH DAIRY,
IN THIS CASE MILK AND YOGURT,
ARE PACKED WITH NUTRIENTS
AND ARE FILLED WITH FLAVOR.
IT'S EVEN A COOL WAY TO STAY
HYDRATED AND START YOUR DAY!



DAIRY
COUNCIL OF
FLORIDA

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