Blend It with Dairy at Home

Each smoothie recipe makes four 8 ounce servings or two 16 ounce servings.

**Blueberry Banana Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 4 cups frozen blueberries
- 2 bananas

**Orange Creamsicle Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 8 oz. mandarin oranges

**Peanut Butter Split Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 2 frozen bananas
- 2 teaspoons peanut butter

**Berry Berry Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 2 cups frozen blueberries
- 2 cups frozen strawberries
- 6 oz. (3/4 cup) dried cranberries reconstituted (soak for 10 minutes in 1 cup of warm tap water)

**Strawberry Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 5 cups frozen strawberries

More ideas:
- Try substituting vanilla Greek yogurt for a protein packed smoothie
- Use vegetables and fruits you have on hand and be creative
- Freeze leftovers in a paper cup for smoothie popsicles

**Strawberry Banana Smoothie**
Ingredients:
- 16 oz. (2 cups) low-fat vanilla yogurt
- 4 cups frozen strawberries

- 2 bananas