**Fruit Smoothies**

**Yield - 1 smoothie for each group member**

**Ingredients** **Amounts**

Vanilla yogurt 8 ounces (1 cup)

Milk 8 ounces (1 cup)

Fresh or frozen berries 1 cup

Fresh bananas **OPTIONAL** 2 ounces (1/4 cup)

**Method**

* Set blender up properly at your kitchen – plug it in and attach blender to base.
* Measure proper amounts of milk and yogurt – add to blender.
* Measure frozen berries and add to blender.
* Peel and cut banana into chunks and add to blender.
* Make sure the top is on tight. Hold your hand on the top of the blender to be sure.
* Puree together.
* Portion smoothie into cups and deliver to your seats.
* Make sure your kitchen is totally cleaned before you sit to enjoy your snack!
* ***(You can add more or less of all ingredients to suite your desired thickness and flavor. You can also use flavored yogurts, low fat milks and different fruits. Feel free to try any combinations you would like!!!!)***