

# SNACK SHOP SMOOTHIES

## Instructions:

1. Add ingredients to the mini blender. Start with the liquid, then yogurt or ice cream, then frozen fruit.
2. Blend until smooth, or to the consistency you prefer. You may need to stop blending, open the blender, and scrape down the sides if your ingredients need some help getting mixed in.
3. Pour into a glass, add a straw, and sip away! Or for smoothie pops, pour your mixture into popsicle molds and freeze at least two. Enjoy!

## Supplies Needed

- Fruit (Fresh or Frozen)
- Liquid (Milk, Juice, Water)
- Thickener (Yogurt or Ice Cream)

## Tools & Equipment

- Blender

## General Recipe

- 2 Parts Fruit (Frozen or Fresh)
- 1 Part Liquid (Milk, Juice, Water)
- 1/2 Part Thickener (Yogurt, Ice Cream)

*Can't decide on a flavor? Here are a few ideas!*

### Strawberry Banana

- 1/2 cup Banana
- 1/2 cup Strawberries
- 1/2 cup Milk
- 1/4 cup Vanilla Yogurt

### PB&J

- 1 cup Strawberries
- 1/2 cup Milk
- 1/4 cup Vanilla Yogurt
- 1 Spoonful Peanut Butter

### Whipped Berry Lemonade

- 1 cup Blueberries, Raspberries, or Mixed Berries
- 1/2 cup Lemonade
- 1/4 cup Plain Yogurt

### Orange Creamsicle

- 1 cup Frozen Banana
- 1/2 cup Orange Juice
- 1/4 cup Vanilla Yogurt

