



Wake-Up Smoothie

PANS/EQUIPMENT: Blender

PREP TIME: 5 minutes

NUMBER OF SERVINGS: 1 or more depending on ages

1/2 cup fruit of choice, fresh, washed, or frozen

1 cup organic yogurt (low-fat), plain or flavor of choice

1/2 cup 100% apple juice

2 ice cubes

Combine in blender and puree. Serve cold.

OPTIONS: Add 1/2 teaspoon flaxseed oil or 1 Tablespoon ground flaxseeds. Add 1/4 teaspoon 100% vanilla extract.

SERVE WITH: Breakfast Burritos, water

COMMENTS: "Was good!" (mother of two)

3 FOOD COLORS: White, golden, fruit color

2+ FOOD GROUPS: Fruit, dairy, + essential fatty acids option