



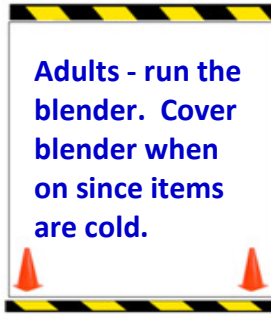
# FRUIT SMOOTHIES

## Color Me

- 1-Purple
- 2-Green
- 3-Blue
- 4-Orange
- 5-Brown
- 6-Red
- 7-Light Green



## Officer Andy's Safety Corner



## Ingredients

- 1 cup whole milk
- 1 cup plain yogurt
- 1/2 cup freshly squeezed orange juice
- 1/4 cup honey
- 2 bananas, peeled and cut into 2-inch pieces
- 1 pint fresh strawberries
- 1/2 teaspoon pure vanilla extract
- 1 to 2 cups crushed ice

## Directions

In a large-capacity blender combine all of the ingredients and puree until smooth. (Alternatively, puree in batches if necessary.) Serve the smoothies in chilled tall glasses.

Alternative: 1 frozen banana, peeled and sliced, 2 cups frozen strawberries, raspberries, or cherries

Alternative: For non-dairy smoothies, substitute 1 cup rice or soy milk for the milk and yogurt.

Prep time: 10 minutes

