

## **Groovy Smoothies**

### **Utensils:**

Knife  
Measuring cups  
Electric blender  
2 serving glasses  
Rubber scraper

### **Ingredients:**

2 ripe bananas  
1 cup unsweetened whole strawberries,  
frozen  
1 cup vanilla low-fat yogurt  
3/4 cup milk

Remove the peel from the bananas. Using the knife, cut the bananas into chunks. Put banana chunks, frozen strawberries, yogurt, and milk into the blender. Cover blender with the lid and blend on high speed about 1 minute or until mixture is smooth. Turn off blender. Pour drink into glasses. Use rubber scraper to get all of the drink out of the blender.

Yield: 2 servings. Each serving contains approximately 259 calories.

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