



**Simple Strawberry Smoothie**

**1 Serving**



**Simple Strawberry Smoothie**

**1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



**Simple Strawberry Smoothie**

**1 Serving**



**Simple Strawberry Smoothie**

**1 Serving**



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019



The University of Nebraska does not discriminate based upon any protected status. Please see [go.unl.edu/nondiscrimination](http://go.unl.edu/nondiscrimination). © 2019

## Simple Strawberry Smoothie

1 Serving

### Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

### Directions:

1. Wash hands with warm soapy water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

## Simple Strawberry Smoothie

1 Serving

### Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

### Directions:

1. Wash hands with warm soapy water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

## Simple Strawberry Smoothie

1 Serving

### Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

### Directions:

1. Wash hands with warm soapy water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

## Simple Strawberry Smoothie

1 Serving

### Ingredients:

- 1/4 c. low-fat yogurt (vanilla or strawberry)
- 1/2 c. frozen strawberries
- 1/2 frozen banana
- 1/3 c. skim milk

### Directions:

1. Wash hands with warm soapy water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!