

Nutrition Facts (Serving size 1 cup): Calories-150; Protein-5g; Carbohydrate-30g; Total Fat-1.5g; Saturated Fat-0.5g; Fiber-1g; Sodium-55mg; Vitamin C-50%; Vitamin A-2%; Iron-2%; Calcium-15%

Adapted from Washington State University Extension Food Sense

Food Sense Tip

- Using whole fruits like bananas adds fiber to your diet.



1. Place all ingredients in blender.
2. Blend until smooth.
3. Divide among 3 glasses.

Directions

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 3

1 cup low-fat vanilla yogurt
1 cup frozen banana slices
1 cup cold orange juice

Tropical Smoothie

KID-TESTED SNACKS



KID-TESTED SNACKS

Tropical Smoothie

Prep time: 5 minutes | Cooking time: 0 minutes | Number of servings: 3

- 1 cup low-fat vanilla yogurt
- 1 cup frozen banana slices
- 1 cup cold orange juice

Directions

1. Place all ingredients in blender.
2. Blend until smooth.
3. Divide among 3 glasses.



Food Sense Tip

- Using whole fruits like bananas adds fiber to your diet.

Nutrition Facts (Serving size 1 cup): Calories-150; Protein-5g; Carbohydrate-30g; Total Fat-1.5g; Saturated Fat-0.5g; Fiber-1g; Sodium-55mg; Vitamin C-50%; Vitamin A-2%; Iron-2%; Calcium-15%

Adapted from Washington State University Extension Food Sense



Watermelon	+	Cherry	+	White grape
Strawberries	+	Kiwi lime	+	Orange
Pineapple	+	Apricot mango	+	Orange
Peaches	+	Raspberry	+	Apple
Honeydew melon	+	Strawberry	+	Apple
Cherries	+	Peach	+	Orange
Cantaloupe	+	Mixed berry	+	Orange
Blueberries	+	Lemon	+	Grape
Bananas	+	Blueberry	+	Apple
Frozen Fruit	+	Low-Fat Yogurt	+	Fruit Juice

There is a frozen fruit smoothie to satisfy anyone! Try any of the combinations listed below or create your own favorite flavor!

Frozen Fruit Smoothies



KID-TESTED SNACKS

KID-TESTED SNACKS



Frozen Fruit Smoothies

There is a frozen fruit smoothie to satisfy anyone! Try any of the combinations listed below or create your own favorite flavor!

Frozen Fruit	+	Low-Fat Yogurt	+	Fruit Juice
Bananas	+	Blueberry	+	Apple
Blueberries	+	Lemon	+	Grape
Cantaloupe	+	Mixed berry	+	Orange
Cherries	+	Peach	+	Orange
Honeydew melon	+	Strawberry	+	Apple
Peaches	+	Raspberry	+	Apple
Pineapple	+	Apricot mango	+	Orange
Strawberries	+	Kiwi lime	+	Orange
Watermelon	+	Cherry	+	White grape

