



SNACC Session #4

Fruit Smoothie

Ingredients

Bananas



Milk of choice



Frozen Mango Chunks



Frozen Strawberries



Steps

Steps for personalized trail mix:

1. Pour 1 cup of milk into a blender. Water or orange juice can be used as a substitute.
2. Add 1 cup of frozen strawberries.
3. Add 1 cup of frozen mango chunks.
4. Add 1 banana. (When you have bananas that are nearly overripe, peel and freeze them to use for smoothies.)
5. If you are using fresh fruit, add a handful of ice cubes.
6. Blend together until you have a smooth consistency.
7. Enjoy!

