

Berry Smoothie

Ingredients:

- 1 banana
- ¼ cup berries
- 6 oz vanilla yogurt
- Water/ice as desired

Directions: Add ingredients and blend.



Pump it Up: Lay a roll of paper towels on the ground and jump over it side-to-side as many times as you can! Do one set before you begin cooking, in between cooking and one set after you are finished cooking.



Food for Thought: Smoothies are a great way to get your 2-3 servings of fruit in each day! Extra bonus- they taste awesome! You can have a smoothie with your breakfast or as a healthy alternative to dessert (a way better for you choice than a milk shake)!

Tasty Thoughts: _____

