

FIRST MATE'S FRUIT SMOOTHIE

Prep Time: about 10 minutes

Ingredients:

- 2 cups frozen berries (blueberries, raspberries, strawberries mix)
- 2 cups low-fat vanilla yogurt (or berry flavored)
- 2 teaspoons vanilla extract
- 8 ice cubes



Utensils:

- blender (You'll need help from an adult.)
- cup
- measuring cups

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Directions:

1. Place berries in blender with the yogurt, vanilla extract, and ice cubes.
2. Blend until the mixture looks smooth and frothy.
3. Continue to blend until ice cubes are crushed.

Serves: 4

Serving size: 1 1/2 cups



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