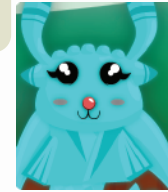


## Fruit



# Yum Yum Smoothie

A  
yum yum  
snack!



### Ingredients:

3 cups milk - skim  
2 bananas  
1 mango  
1 peach  
3 strawberries  
1 orange

### Safety:

Keep your fingers curled under when using the knife to avoid cutting your fingers. Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.

### Nutrition:

Recipe makes 4 servings  
Each serving counts as 1 fruit

### Directions:

1. Peel and cut bananas into medium slices. Put in blender.
2. Peel and cut mango into quarters. Put in blender.
3. Cut peach in half. Peel if necessary. Put in blender.
4. Cut each strawberries into halves and place in blender.
5. Cut oranges into slices and put the slices on the rims of four glasses.
6. Pour milk into blender. Blend until smooth.
7. Pour smoothie into glasses. Serve with ice (optional).

from the kitchen of  
**Playnormous**

