

## Playnormous Healthy Recipes

# YUM YUM SMOOTHIE

**Description:** Amazingly delicious and creamy smoothie.

**Category:** Snack

**Difficulty:** Easy

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes

### Ingredients:

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

### Directions:

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

### Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 fruit.

### Safety:

- Keep your fingers curled under while 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.

**Source:** Created by Recipalooza 2011 participant “tiana”

