



Category (Drinks)

## Fruit Smoothies with Greek Yogurt

Submitted by Aundrea Carlson

<p><b><u>Recipe</u></b></p> <p>1 cup water          1 cup milk          1/4-1/3 can frozen orange juice concentrate          1/2 frozen banana          About 2 cups frozen fruit, just use a few handfuls of each (I like blueberries, strawberries, and peaches, but you can use whatever you have on hand)          1/2-1 cup Greek yogurt          Up to 1/4 cup sugar, optional (I like it best this way)          A few handfuls spinach to taste, optional</p> <p>Pour in liquids first. Add orange juice, Greek yogurt and banana; blend until smooth. Add frozen fruit, spinach and sugar and blend until smooth. Serves about 4.</p>	<p><b><u>Grocery List</u></b></p> <p>Milk          Frozen orange juice          Frozen banana          Frozen fruit (strawberries, blueberries, peaches, etc.)          Greek yogurt</p>
<p><b><u>Side dish</u></b></p>	<p><b><u>Tips/Helpful hints</u></b></p> <p>The Greek yogurt gives it a yummy tangy flavor. When I first started putting spinach in my smoothies, I called it my “secret ingredient” and made my family guess what it was.</p>