

4 DAIRY
SIMPLE RECIPES

SMOOTHIE MOVES



Easy to make,
dairy-packed recipes
for a boost to your day.

1 Frosty Orange Banana Sipper

1 banana, $\frac{1}{3}$ cup frozen
orange juice concentrate,
1 cup low-fat milk, 6 oz.
low-fat vanilla yogurt.



2 Strawberry Banana Smoothie

1 cup frozen strawberries,
1 banana, 6 oz. low-fat
vanilla Greek yogurt,
 $\frac{1}{2}$ cup low-fat milk.



3 Peachy Green Pineapple Smoothie

$\frac{1}{4}$ cup frozen peaches,
 $\frac{1}{4}$ cup frozen pineapple,
 $\frac{1}{2}$ banana, $\frac{1}{3}$ cup raw kale,
1 $\frac{1}{2}$ cups low-fat milk, 6 oz.
low-fat vanilla yogurt.



4 Double Cherry Vanilla Smoothie

1 $\frac{1}{2}$ cups frozen pitted
sweet cherries, $\frac{1}{2}$ cup
vanilla yogurt, $\frac{1}{4}$ cup
low-fat milk, $\frac{1}{4}$ cup tart or
black cherry 100% juice.



Mix-and-match
ingredients in a blender.
Blend until smooth.

1
Orange Juice
Concentrate



1 2 3
Banana

4
Frozen
Pitted
Cherries



2
Greek
Yogurt

3
Kale



1 2 3 4
Low-fat
Milk



2
Frozen
Strawberries



1 3 4
Vanilla
Yogurt



3
Frozen
Peaches

4
Black Cherry
Juice



3
Frozen
Pineapple



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