



# Fruit Smoothies

## STEPS:

1. Chop fruit
2. To a blender pitcher, add all the ingredients and secure the lid. Turn blender on at a low speed, then slowly increase the speed to high.
3. If the mixture is too thick to blend, turn off the blender, remove the pitcher from the base and using a spatula, scrape the sides and add 2 tablespoons of milk or water. Place the pitcher back on the base and turn the blender on low and continue to blend until smooth.
4. Turn off the blender and remove the blender pitcher from the base. Using a clean spoon, taste and adjust with honey for sweetness. Pour smoothies into tall glasses and serve immediately.

# [Recipe Name]



## Ingredients List

- 1 1/4 cups of chopped fruit
- 1/4 cup Vanilla Whole-Milk Greek yogurt
- 1/2 cup milk (chose from whole milk, almond, coconut, rice or soy) plus more as needed
- 1/2 tablespoon honey, plus more to taste
- 1/2 cup ice

## Equipment Needed

- Blender

