FUN-N-FRUITY SMOOTHY
Hip to Be Fit® Challenge RECIPE

Hip to BE Fit® Challenge:
Take photos or videos of yourself making the recipe and submit them using the form on the website at www.ndi-nm.org/hiptobefit.

Serves 2

Ingredients:
1/3 ripe banana
1 cup frozen strawberries
1/4 cup blueberries
1/4 cup plain yogurt
1/3 cup apple juice
Fresh mint (optional)

Utensils:
Measuring cup
Blender
2 8 oz. glasses

Directions:
Combine all ingredients in a blender, cover and blend until smooth. Pour into glasses and garnish with fresh mint.

Variations:
Substitute strawberries, pineapple or melon for raspberries.
Substitute flavored yogurt for plain yogurt.
Substitute your favorite 100% juice drink for apple juice.