

Recipe Name: Peach Yogurt Smoothie

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

<u>.75 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>12 cups</u> Recipe Yield	
		Weight	Measure
Yogurt-vanilla, lemon or peach		32 oz	Quart
Banana, approx 4	Peeled, sliced		2 cups
Orange juice		32 oz	4 cups
Peaches	Frozen, sliced		2 cups

Directions:
 Put peaches and banana in blender with a little orange juice. Blend until smooth.
 Add remaining ingredients and blend until well mixed.