

Berry Blast Smoothie

Breakfast Crediting for Ages 3-5



Total Time

5 minutes



Serving Size

1 1/4 cup



Servings

8



Components

Fruits, Fluid Milk

Ingredients

- 6 cups low-fat or non-fat unflavored milk
- 2 (16 oz) packages mixed berries, frozen

Directions

1. Add all ingredients to a blender. Mix on high until smooth.
2. Serve 1 1/4 cup per child immediately as a cold, refreshing smoothie.

One serving provides 1/2 cup fruit and 3/4 cup fluid milk.

