Blenderless Strawberry Smoothie
A classic strawberry smoothie in just 3 easy steps – measure, whisk and pour.

Ingredients
• 30 oz. Strawberry Puree
• 30 oz. Pineapple Juice
• 60 oz. lowfat vanilla yogurt

Directions
• Add thawed Strawberry puree, yogurt and juice to a mixing bowl.
• Whisk until all ingredients are incorporated together.
• Pour into plastic cups, serve chilled.

Why add Smoothies?
• Yogurt counts as a protein alternative
• Milk and Yogurt make smoothies a simple way to get dairy nutrition
• Smoothies are a portable powerhouse- blending grain, dairy, fruit and vegetables into a nutrient dense meal.
• Helps students feel fuller longer
• Helps eliminate waste by using over ripe or slightly damaged fruit.

This recipe adapted from http://www.dolefoodservice.com/recipe/
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