

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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