



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.



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