

# Summer Smoothies

## Mango Orange Smoothie

*Makes one serving*

### Ingredients:

1 mango, cubed (or one cup frozen mango chunks)

1/4 cup orange juice

1/2 cup vanilla yogurt

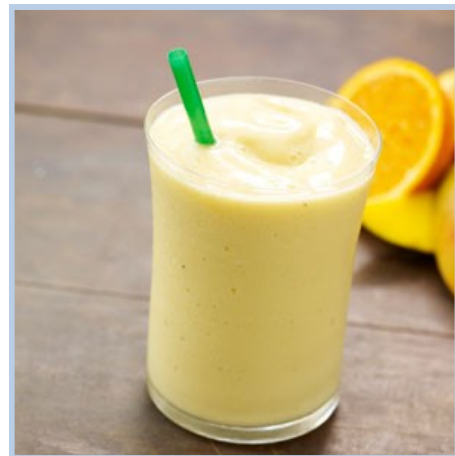
1/2 tablespoon honey

Ice (if needed)

### Directions:

Combine all ingredients in a blender and blend until combined and frothy. Add ice if desired. Serve immediately.

Source: <http://www.rachaelray.com/2014/05/super-simple-kid-friendly-smoothies>



## Peanut Butter Banana Smoothie ("The Elvis")

*Makes one serving*

### Ingredients:

1/2 cup vanilla yogurt

1/4 cup milk

1/2 banana

1/2 tablespoon honey

1 tablespoon peanut butter

Ice

### Directions:

Combine all ingredients in a blender and blend until combined and frothy. Serve immediately.

Source: <http://www.rachaelray.com/2014/05/super-simple-kid-friendly-smoothies>



## Strawberries and Cream Oatmeal Smoothie

*Makes one serving*

### Ingredients:

1/2 cup frozen strawberries

1/4 cup vanilla yogurt

1/3 cup milk

1/4 cup uncooked oatmeal

1/2 teaspoon vanilla extract

### Directions:

Combine all ingredients in a blender and blend until smooth.

Serve immediately.

Source: <http://www.thekitchenpaper.com/strawberries-and-cream>

