

Fruit Smoothie serves 5



WHAT YOU WILL NEED

Measuring Cups
Blender

INGREDIENTS

3 cups of your favorite frozen fruit*
1 $\frac{1}{4}$ cups fat free or
low fat vanilla yogurt
1 - 1 $\frac{1}{2}$ cups 100% Orange Juice
depending on your thickness
preference

*FLIPANY likes 1 cup strawberries
plus 1 cup blueberries plus 1 cup
honeydew or cantaloupe

DIRECTIONS

Combine all ingredients in a blender and
blend until smooth

NUTRITIONIST NOTES

- A fruit and yogurt smoothie is a quick, easy, and healthy way to get more fruit and calcium into your diet
- Try using calcium fortified orange juice for even more bone strengthening power!
- This colorful smoothie contains high levels of powerful antioxidants and other key nutrients that can prevent colds, improve vision health, and even help prevent certain cancers and other chronic diseases.

Per Serving : 90 Cal., 1 gr. Fat, 3 gr. Protein,
17 gr. Carbohydrates, 10% Calcium



This recipe is courtesy of FLIPANY, a local 501(c)3 non-profit, and Share Our Strength's Operation Frontline™.
For information on our programs and services call (954) 636-2388 or visit www.FLIPANY.org

Fruit Parfait

serves 2



WHAT YOU WILL NEED

Knife
Measuring Spoons
Measuring Cup
Cutting Board
Cup or Bowl

INGREDIENTS

1 cup non-fat vanilla yogurt
½ cup low-fat granola
2 cups medium strawberries

Optional: 1 Tbsp. Slivered Almonds,
Substitute Raspberries, Blueberries,
Kiwi, Blackberries, Bananas, Raisins
or Mango for Strawberries or try
mixing different fruits together.

DIRECTIONS

1. Rinse and cut tops off of strawberries.
2. Slice strawberries ¼ inch thick, should yield about 1 cup sliced.
3. Layer ¼ cup yogurt in a cup or bowl, followed by ¼ cup diced strawberries, and 1 tablespoon granola.
4. Repeat layers 3 more times, ending with a layer of granola.
5. Top with slivered almonds if desired.

Per Serving :
240 Calories, 49g Carbohydrates
9g. Protein , 1.5g Fat



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