

**Jr. Chef Club**  
**Sippin' on Smoothies**  
**Lesson 3**

## **Cooking Table Notes**

# **Tropical Fruit Smoothie**

Make four batches to serve 25-30 students a 4 to 5-ounce sample.

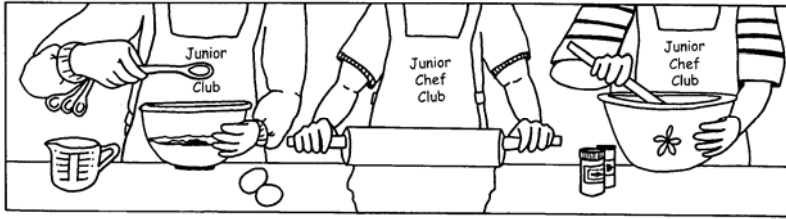
Students can make this recipe with little help, however adult supervision of the blender is essential. You will need to make the recipe four times, as one batch nearly fills the blender. There is no wrong way to do the smoothies. All ingredients go in the blender, and the kids get to hold down the lid and press the button. They love the autonomy.

### **Ingredients:**

- 1 cup orange juice
- 1 cup nonfat or low-fat vanilla yogurt
- 1 cup frozen unsweetened strawberries
- 1 ripe banana
- 1 teaspoon vanilla extract

### **Directions:**

1. Peel the bananas and break into pieces.
2. Place all ingredients in blender.
3. Blend mixture on high speed for 20 seconds or until creamy and smooth.
4. Divide the batch evenly among you and your classmates and enjoy.



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