



MILK SMOOTHIE #1

Number of servings: 5 cups

Ingredients:

- 1 cup water
- 1 cup nonfat powdered milk
- 2 cups of fresh fruit
- 3 cups ice

Directions:

1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Fresh fruits may include: banana, mango, papaya, strawberry, etc.

Use frozen or canned fruits.

The more ice used, the more frosty the drink becomes.

Liquid/fluid milk may be used (2 cups) in place of powdered milk and water.

MILK SMOOTHIE #2

Number of servings: 4 cups

Ingredients:

- 1 cup 100% frozen juice concentrate
- 1/2 cup nonfat powdered milk
- 1 cup fresh fruit
- 2 cups ice

Directions:

1. In a blender, ADD juice and gradually BLEND in powdered milk.

2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Use fresh, frozen, or canned fruits.

Use only 100% fresh, frozen, or canned juices.

Liquid/fluid milk may be used (1 cup) in place of powdered milk. Reduce ice to 1 cup.

MILK SMOOTHIE #3

Number of Servings: 6 cups

Ingredients:

- 1 (12-ounce) can 100% frozen juice concentrate
- $\frac{3}{4}$ cup water
- $\frac{1}{2}$ cup nonfat powdered milk
- 3 cups ice

Directions:

1. In a blender, ADD juice concentrate and gradually ADD water.
2. Gradually, ADD and BLEND powdered milk.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Variations:

Liquid/fluid milk may be used (1 cup) in place of powdered milk and water.

Use any 100% fresh, frozen, or canned juices.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.



FRUIT SLUSH #1

Number of servings: 6 cups

Ingredients:

- 1 (12-ounce) can 100% frozen juice concentrate
- 1 (12-ounce) can water
- 3 cups ice

Directions:

1. In a blender, PLACE juice concentrate, water, and half of ice.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING remaining ice. SERVE.

Variations:

Use any 100% frozen juice concentrate.
If slush is too thick, add more water.

FRUIT SLUSH #2

Number of servings: 7 cups

Ingredients:

- 2 cups 100% frozen juice concentrate
- 2 cups of fresh fruits
- 3 cups ice

Directions:

1. In a blender, PLACE frozen juice concentrate and fresh fruits.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any canned or frozen fruits.
Use any 100% frozen juice concentrate.
If slush is too thick, add more water.

FRUIT SLUSH #3

Number of servings: 6 cups

Ingredients:

- 1 (6-ounce) container lowfat vanilla yogurt
- 2 cups fresh fruit
- 3 cups ice

Directions:

1. In a blender, PLACE yogurt and fresh fruit.
2. To prevent spillovers, DO NOT pass the top line of the blender.
3. BLEND while gradually ADDING ice. SERVE.

Variations:

Use any flavor yogurt.
Canned or frozen fruits may be used.
If slush is too thick, add water.

ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.