Raelynn Fletcher
Junior
Smoothies
Armstrong

Strawberry Smoothie

Ingredients:
8 Strawberries hulled
½ cup skim milk
½ cup plain yogurt
3 Tbsp white sugar
2 tsp vanilla extract
6 cubes of ice crushed

Directions:
In blender combine strawberries, milk, yogurt, sugar and vanilla. Toss in ice. Blend until smooth.

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Kate Kuehler
Junior
Smoothie
Carson

Orange - Banana Smoothie

Ingredients:
2 cups orange juice.
8 ounce carton frozen whipped topping, thawed.
1 medium ripe banana
1 ½ cups crushed ice
1 teaspoon vanilla extract

Directions:
1. Peel and segment the orange. Peel and slice the banana.
2. Place orange juice, ¾ of the 8 ounce carton of whipped topping, orange segments, banana slices, crushed ice, and vanilla extract in the blender and blend until smooth.

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Juliana Castaneda
Junior
Smoothie
Collingsworth

Fruit Smoothie

1 cup mixed fruit
1 cup Vitamin D milk
1 teaspoon Nesquik Chocolate
½ cup plain yogurt
In blender add mixed fruit. Then add milk, Nesquick, and yogurt. Make sure to put lid on blender, then turn blender on till all ingredients are smooth. Pour into glass. Serves-1. Store leftover in refrigerator for up to 2 days.

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Claudia Taylor
Junior
Smoothies
Dallam

Strawberry Banana and Flax Smoothie

Makes 1 serving

Ingredients:
1/2 medium banana
1/2 cup frozen unsweetened strawberries
1 1/2 cups skim milk or light soy juice (sometimes referred to as soy milk)
2 tablespoons ground flaxseed

Directions:
Combine all ingredients in blender. Blend until smooth. Serve in a tall glass with large milk shake or smoothie straw.

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Makenna Shadle
Junior
Smoothies
Donley

Good Morning, Girl Smoothie

½ C. almond milk
½ C. fresh or frozen strawberries
½ C. fresh spinach
½ banana
½ C. ice

Place all ingredients into a blender. Place the lid on the blender. Blend for 20 seconds or until all ingredients are well blended. Enjoy immediately or freeze for later. Makes 1 12oz serving

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Starla Drinkard
Junior
Smoothie
Gray

Monkey Mango Smoothie

1 cup low-fat milk
1 cup frozen cubed mango
1 ripe banana peeled and sliced
1 teaspoon honey
1/4 teaspoon vanilla extract

Combine all of the ingredients in blender. Then process until smooth. Makes 1 smoothie.

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Braylee Brooks
Junior
Smoothies
Hall

**Banana Smoothie**

2 whole bananas
3 cups ice
1 cup Greek yogurt

Combine bananas and ice in a blender and process 2 minutes or until smooth. Add yogurt: process just until blended. Serve immediately. Yield 2 ½ cup servings.

Victoria Swift
Junior
Smoothies
Hartley

**Fruit Surprise Smoothie**

Ingredients:
1 frozen banana
3 strawberries
1/2 cup orange juice
1/2 cup milk
1/2 kiwi
2 TB honey
2 TB whey powder—optional

Directions:
Combine all ingredients in the blender and blend until smooth.

Savannah Innis
Junior
Smoothies
Hemphill

**Berry Delight**

1 cup frozen blueberries
1 cup frozen strawberries
1 cup sliced banana
2/3 cup vanilla yogurt
1 ½ cup of milk

Place all ingredients in a blender, blend until smooth and serve immediately.

*may substitute fresh fruit for frozen*
Florida Monkey Malt

2 Bananas
1 Cup Milk
5 Tbsp. Orange Juice Concentrate
3 Tbsp. Malted Milk Powder

Break bananas into pieces, place in blender with milk, orange juice concentrate and malted milk powder. Blend until smooth. Pour into glasses; serve immediately.

Peach Smoothie

1/2 c greek yogurt
1/2 c milk
1/2 c frozen peaches

Blend until smooth and garnish with a dash of nutmeg.

Cora’s Sweet Petite Grape Smoothie

Ingredients:
2 cups frozen juice from 2 (16 ounce) containers of Sweet Petite Grapes
2 cups vanilla yogurt

Directions:
Remove grapes from the vine and wash them.
Use a juicer or a strainer and a spoon to mash the grapes, to obtain the juice from the grapes. Pour juice into ice cube trays and freeze overnight.
Combine the frozen juice with the vanilla yogurt in a blender until smooth. Serve immediately or pour in Popsicle containers and return to the freezer for a frozen treat.
*Yields: 4 (1 cup) servings
**Berry Blast Smoothie**

1 small strawberry yogurt  
½ cup of 2% milk  
½ cup blueberries

Mix yogurt, milk, and berries in blender. Blend for 10 seconds. Pour into glass and enjoy.

Prep Time: 5 minutes  Serving Size: 1

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**Gone Bananas Smoothie**

2 cups milk  
1 ripe banana sliced  
½ cup Kool-Aid Fruit Punch flavor sugar-sweetened soft drink mix  
1 cup crushed ice cubes

Place all ingredients in a blender; cover. Blend on high speed for 30 seconds or until thickened and smooth. Serve immediately.

Servings: 4 servings, 1 cup each

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**Strawberry Orange Smoothie**

1 1/2 cups fresh or frozen strawberries  
2 cups mango punch or orange juice

Blend strawberries first if frozen, if fresh add all ingredients and blend until well combined on high.
**Tutti Frutti Smoothie**

½ cup loose-packed mixed frozen berries or strawberries  
½ cup crushed pineapple in juice  
½ cup plain yogurt  
½ cup sliced ripe banana  
½ cup orange juice  

Directions:  
In a food processor fitted with a metal blade, in a blender, or in a large measuring cup with an immersion blender, combine the berries, pineapple (with juice), yogurt, banana, and orange juice. Process for about 2 minutes, or until smooth.

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**Orange Julius**

6 ice cubes  
½ cup water  
3 ounces frozen orange juice concentrate  
½ cup milk  
¼ cup sugar  
½ teaspoon vanilla  
Orange slices (optional)  

Blend ice cubes and water in blender. Add orange juice concentrate, milk, sugar, and vanilla and blend for 30 seconds. Garnish with orange slice. Yields: 2 (8 ounces) servings  
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