

THE CULINARY

Playground



Fruity Yogurt Smoothies

1 cup Stonyfield Banilla Yogurt
1 banana, peeled
1 cup strawberries, washed with stems removed
1 cup blueberries, washed
2 Tablespoons OJ concentrate
 $\frac{1}{4}$ cup milk

Add all ingredients into a blender and blend until smooth.
Add additional milk to reach desired consistency.

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16 MANNING ST. DERRY, NH
www.culinary-playground.com