

## Down East Smoothie

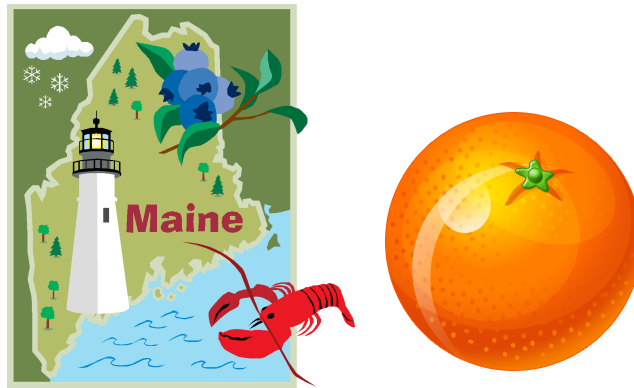
### **Ingredients**

1C (cup) vanilla yogurt  
½ C (cup) orange juice  
½ C (cup) blueberries – may be fresh or frozen  
1 banana, frozen  
½ C (cup) ice cubes

### **Directions/Jobs**

1. Using a cutting board and a paring knife, slice bananas into circles - place in blender
2. Measure 1C yogurt – add to blender
3. Using a glass measuring cup, measure ½ C orange juice – add to blender
4. Measure ½ C blueberries – add to blender
5. Measure ½ C ice cubes – add last to blender

Once all ingredients are in the blender, secure the lid and push the puree button.



Where is Down East??



**What are the key ingredients found in this smoothie?**

**What ingredients would you vary to change the flavor but keep the consistency and nutrition density?**