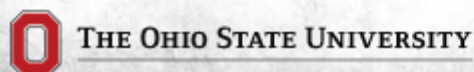


**FAMILY AND CONSUMER SCIENCES**

**Fruit Smoothie**

- 1 cup low fat vanilla yogurt
- 1 cup strawberries (fresh or frozen)
- 1 medium banana
- 1 cup calcium-fortified orange juice

Slice the strawberries and banana. Place fruit in blender. Add yogurt and orange juice. Cover with lid. Blend on high until smooth in consistency. Serve chilled.



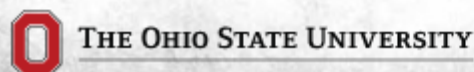
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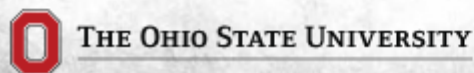
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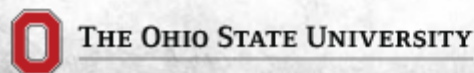
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