

ANYTIME FRUIT SHAKE

NON-COOK RECIPE

2 cups orange juice

1 ripe banana

1 cup fresh or frozen strawberries or other fruit, such as peaches

1/2 cup plain or vanilla yogurt

6 ice cubes

Measure ingredients and combine in blender. ** Teacher/parent helper may slice banana and other fruit OR have students do this, if teacher deems appropriate.

Blend until ice is finely chopped and mixture is smooth.

Pour into cups and serve with straws.

Skills Developed

Measure

Slice

Blender Use

(under teacher/parent supervision)
