

Strawberry Smoothie

Serves 1

Fruit & Vegetable servings per person = 2 – ½

Ingredients:

1 cup unsweetened frozen or fresh strawberries
1 teaspoon coarsely chopped mint leaves
½ cup 100% orange juice
½ cup low-fat vanilla yogurt

Directions:

1. Place the strawberries, mint leaves, orange juice and yogurt in your blender jar.
2. Blend until thick and smooth.

Cook's Comment:* The mint leaves add a refreshing flavor note to this smoothie. Top with a sprig of fresh mint for extra eye appeal.

Cook's Tips*

- If you have a larger blender jar that is fairly wide at the bottom, you may find it harder to blend this **single-serving** recipe. However, if you make a **double serving**, there should be enough volume to blend the strawberries until smooth. A blender jar forces food up against the blender walls where it is then redirected back on the blades and blended until the desired consistency. A blender that is wider at the bottom will send smaller volumes of food out toward the sides rather than up and then down toward the center and the blades. The new "smoothie" blenders on the market are narrow on the bottom.
- I've also poured this recipe into two "fancy" glasses and served it as a dessert for two after a meal.

Source: Courtesy of National Cancer Institute - Eat 5 A Day for Health: Graham Kerr's "Do Yourself a Flavor" at www.5aday.gov/index-recipe.shtml

* **Cook's Comment/Cook's Tips** by each recipe include further suggestions from my experiences making these foods and the types of questions I've received. - Alice Henneman