

# SMOOTHIE RECIPES

## Fruit Smoothie

*Total 8 servings, 1 cup each*

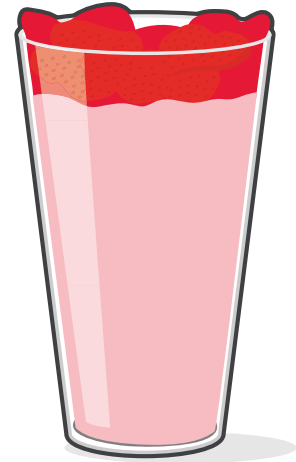
### What You Need:

- 2 cups low-fat vanilla yogurt
- 1 pkg. (10 oz.) frozen strawberries in lite syrup, thawed
- 1 ¼ qt. (5 cups) cold water, divided
- 1 pkt. (makes 2 qt. drink) or 2 pkt. (makes 1 qt. drink each) CRYSTAL LIGHT Lemonade Flavor Drink Mix

### How to Make It:

1. Blend yogurt, strawberries, 1 cup water and drink mix in blender until smooth.
2. Pour into 2-qt. pitcher.
3. Stir in remaining water.

Find this recipe and more at [www.kraftrecipes.com](http://www.kraftrecipes.com)!



## Peanut Butter Banana Smoothie

### What You Need:

- 1 banana
- Ice cubes
- 3 Tbsp. smooth peanut butter
- 1 cup skim milk
- 1 drop vanilla
- Dash of cinnamon

### How to Make It:

1. Peel banana and break into chunks.
2. Add a hand full of ice cubes to blender and blend to break up.
3. Add banana, blend. Add peanut butter, milk, vanilla and cinnamon.
4. Blend until smooth.
5. Pour into glass and serve.

Find this recipe and more at [www.foodnetwork.com](http://www.foodnetwork.com)!

