



Fabuloso Fruit Smoothies Recipe



About This Recipe

Serves: 4
Mess Rating: 2 (out of 5)
Prep Time: 10 minutes
Cook Time: 0 minutes
Total Time: 10 minutes

Equipment

1 Blender
1 Cutting board
1 Knife*
1 Medium bowl
4 Glasses

Ingredients

1/3 cup Freshly squeezed orange juice
2 cups mixed fruit
(strawberries, mango, blueberries, banana, kiwi, melon)
1 cup Non-fat plain greek yogurt
2 cups ice cubes

Setting Up:

Step 1: Prepare the Mixed Fruit

Wash the fruit in water and pat them dry. Remove the stems from the blueberries and strawberries. Peel the banana. Have an adult peel the skin from the melon, mango, and kiwi. Have an adult slice each strawberry in half. Place the sliced fruit in a bowl.

Step 2: Pour Ingredients in Blender

Pour 1/3 cup of orange juice into the blender and add two cups of the fruits. Now add in a cup of non-fat greek yogurt and 2 cups of ice.

Step 3: Place Cap on Blender

Once all of your ingredients are in the blender, place the cap on nice and tight.

Step 4: Blend

Press the “pulse” button a few times, then blend on high for a few seconds until all the ingredients are mixed together.

Step 5: Serve

Pour your smoothie mixture into 4 glasses and enjoy!