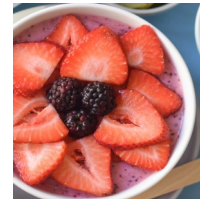
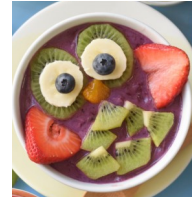
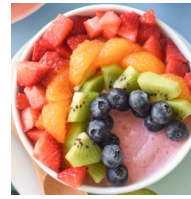


# Fruit Smoothies



Dallas Park & Recreation



## Smoothie Ingredients

- 1 c. frozen berries of choice
- 1 frozen banana
- 1/2 c. plain yogurt
- 3 Tbsp. flavored creamer or milk
- 1 Tbsp. maple syrup
- Fresh fruit for decorative topping

## Directions

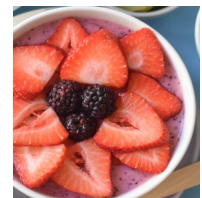
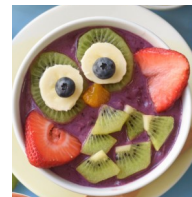
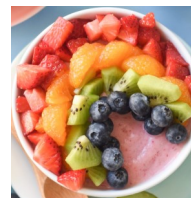
1. Cut up fresh fruit for topping prior to making the smoothie bowl so it's ready immediately.
2. Throw the smoothie bowl ingredients into a high speed blender and mix until smooth. You might need to stop, mix with a wooden spoon (or shake up), and then blend again because the consistency will be very thick.
3. Spoon the smoothie into a bowl.
4. Top with fresh fruit for fun designs.

Source modified from: <https://www.forkandbeans.com/2017/07/14/smoothie-bowls-kids-will-love/>

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