

Berrylicious Smoothie

(Simple Strawberry Smoothie)

Serves 4

Ingredients

- 2 C. low-fat milk
- 4 C. low-fat vanilla yogurt
- 2 C. frozen strawberries
- Sugar or honey to taste

Directions

1. Combine all ingredients in a blender.
2. Cover and blend until smooth.



Nutrition Facts:

Calories 270
Total Fat 4 g
Protein 15 g
Calcium 60% Daily Value



Tip from Coco:

Yogurt has calcium to keep your bones and teeth healthy.

Crunch, Crunch, Peach

(Peach Parfait)

Serves 1

Ingredients

- ½ C. lightly drained canned sliced peaches
- ½ C. low-fat vanilla yogurt
- ¼ C. toasted oat cereal or granola

Directions

1. Layer peaches, yogurt, and cereal in a cup or small bowl.
2. Serve immediately or cover and refrigerate until ready to serve.



Nutrition Facts:

Calories 200
Total Fat 2 g
Protein 5 g
Calcium 15% Daily Value



Tip from Coco:

Yogurt is a delicious, nutritious snack to enjoy any time of the day!