

Rockin' Raspberry Smoothies

Keep cool and rock out like a Rodent with this delicious smoothie!

Ingredients:

- 1 cup plain non-fat yogurt
- 1 cup fresh raspberries, rinsed
- 1/2 cup low-fat milk
- 3 tablespoons honey
- Ice



Directions:

- 1 Have a grown-up place yogurt, raspberries, milk, honey, and ice into a blender.
- 2 Blend until smooth.
- 3 Pour, drink, and get rockin'!

Please note: All actions involving knife cutting, skewering, stove and oven usage, and electrical appliances (food processor, blender, etc.) should be handled or supervised by an adult.
REMINDER TO SELF: Ask parents if children have any food allergies!

