



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

Reminders

- All actions involving knife cutting, skewering, stove and oven usage, and electrical appliances (food processor, blender, etc.) should be handled or supervised by a grown-up.
- Ask parents of partygoers if children have any food allergies!



What You'll Need

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

How To Make it

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'!



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