



KidBits

UT Extension



November 2013

Go Big Orange!

Smoothies are quick and easy breakfast beverages for families on-the-go. Usually made with milk, fruit and sometimes vegetables, they can be a better breakfast choice. Just avoid sugary ingredients.

Pineapple Orange Creamsicle Smoothies

- 2 cups ice
- 1 cup non-fat vanilla Greek yogurt
- 1 cup (or 8-oz can) canned pineapple in juice, undrained (crushed, tidbits, chunks or rings)
- 1/3 cup frozen orange juice concentrate, thawed
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- Orange slices (optional, for garnish)



Put all ingredients except orange slices into blender. Blend until smooth. All ingredients should be well incorporated. Pour into glasses and garnish each with an orange slice, if desired.



Programs in agriculture and natural resources,
4-H youth development, family and consumer sciences,
and resource development.
University of Tennessee Institute of Agriculture,
U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.