



THE J.M. SMUCKER Co

Sensational Smoothies

Prep Time Cook Time Serves Difficulty

N/A N/A N/A N/A

Ingredients

- 1/2 cup (125 mL) ice cubes
- 1 cup (250 mL) water
- 1/2 cup (125 mL) **Carnation®** Instant Skim Milk Powder

Instant Skim Milk Powder

- 1 cup (250 mL) low-fat vanilla yogurt
- fruit mixture

Directions

Step 1:

Crush ice in blender with a little water. Add remaining water, skim milk powder, yogurt and fruit mixture. Blend until smooth.

Step 3:

Strawberry-Banana: 1 cup (250 mL) strawberries and 1 banana

Step 4:

Mango-Peach: 1 mango, peeled and cut into chunks and 1 cup (250 mL) peaches

Images

