



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

STRAWBERRY BANANA SMOOTHIES

1 cup whole or frozen strawberries

½ cup orange juice

1 medium ripe banana, cubed

1 can (6.5 ounces) aerosol whipped cream

1 carton (6 ounces) strawberry yogurt

Confetti colored sprinkles (optional)

1 cup crushed ice

1. Place all ingredients except whipped cream and sprinkles in blender container or in work bowl of food processor fitted with steel blade knife; blend until smooth and well combined.
2. Pour into two glasses and garnish each with dollop of whipped cream and sprinkles, if desired.

Make 2 servings.

