

SWEET AS SUNSHINE SMOOTHIE



Serves: 8
Serving Size: ½ cup
1 Serving Fruit
½ Serving Milk & Alternatives

INGREDIENTS

2 cups frozen strawberries
1 cup pineapple chunks
1 cup sliced peaches in water
1 cup vanilla yogurt
1 cup milk
Blueberries for garnish

DIRECTIONS

1. Allow the frozen strawberries to thaw slightly
2. Drain the canned fruit
3. Combine all the fruit; blend in a blender or food processor in small batches
4. Add yogurt to the blended fruit
5. Serve in cups, top with a few frozen blueberries

CHUNKY CHEESE &



Serves: 8
Serving Size: ½ cup
½ Serving Fruit
½ Serving Milk &
Alternatives

GRAPES

DIRECTIONS

1. Rinse and wash the grapes well. Drain and pat dry
2. Cut the cheese into small cubes. Each ¼ lb of cheese will provide about 1 cup of cheese cubes
3. Serve the grape/cheese combination in a clear glass or on a small plate. Each serving consists of ½ cup grapes and 2 tbsp of cheese cubes

INGREDIENTS

2 cups red or green grapes
1½ cups cheddar cheese