Healthy Options Recipe

Strawberry-Orange Smoothie

Ingredients:
- 1 ½ c low-fat milk
- 1 (10 oz) bag frozen strawberries
- 1 medium banana
- 1/3 c orange juice

Directions:
In a blender, or food processor, combine milk, strawberries, and orange juice. Cover and blend on high speed for approximately one minute or until smooth.

This recipe is provided by SHS Wellness Programs.
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