

## 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.

This recipe is provided by SHS Wellness Programs.

## 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.

## 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.

## 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.