

Strawberry Surprise Smoothie



1 cup lowfat vanilla yogurt, frozen*
8 oz frozen sweetened strawberries
6 oz pineapple juice
1 cup milk
1 banana

Put all ingredients in blender and blend until smooth. Makes approximately 4 cups.

***Smoothie Tip:** Purchase yogurt ahead of time from dairy case. Scoop into Ziploc bags and freeze. Using yogurt that is frozen helps keep smoothie cold and maintain texture.

Provided by the Brown County Dairy Promotion Committee
<http://browncountydairypromotions.com/>