

## **Strawberry Banana Smoothie**

2 large bananas (1 cup fruit)  
12 frozen strawberries  
1 cup white grape juice



Place all ingredients in a blender or food processor. Mix on high until fully blended.

**Yield:** 4 servings (1/2 cup each)

**Serving Size:** Each serving provides a fruit/vegetable at snack for children 3-5 years.