

## 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/>