

# Build-A-Smoothie

Use the framework below to plan a smoothie that is full of your family's favorite flavors.

Flavorings

☐ Lemon zest

Thickener

☐ Low-fat plain yogurt, 1 cup

☐ Ice cubes, 1 cup

Liquid


☐ 100% apple juice, 2 cups

Fruits

☐ Strawberries, 1 cup

☐ Blueberries, ½ cup

☐ Raspberries, ½ cup



What's in your Smoothie?

Flavorings:

Thickener:

Liquid:

Fruits:

## Food prep skills used to make a smoothie:

- Cut: Strawberries
- Zest: Lemon

## Food prep skills I will use to make a smoothie:

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