



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Mixed-Fruit Smoothies

- 2 Bananas, chilled
- 2/3 Cup strawberries or mango slices
- 1 12-ounce can grape juice or mango, apricot, strawberry, or other fruit nectar, chilled
- 1 8-ounce carton fat-free yogurt
- 1 Tablespoon honey (optional)
- 2 Tablespoons ground pistachio nuts (optional)..

1. In a blender combine bananas, strawberries or mango slices, grape juice or fruit nectar, yogurt, and, if desired, honey. Cover and blend until smooth. Pour into six tall, chilled glasses. If desired, sprinkle with ground pistachio nuts. Makes 6 smoothies.
2. Note: For two-tone smoothies, make mango smoothies and strawberry smoothies. Transfer to separate pitchers or glass measuring cups. Taking a pitcher or cup in each hand, slowly pour both smoothies at the same time into opposite sides of the glass.

