

Easy Fruit Smoothie Serves 4.

5 to 6 ice cubes

1 cup cold water

3/4 cup frozen juice concentrate

1 teaspoon vanilla (optional)

1 cup fat free or 1% milk

3 Tablespoons sugar



1. Crush the ice in a blender. You can also wrap the ice in a clean cloth and crush it with a hammer or rolling pin.
2. Add juice, milk, water, and vanilla to blender or other container with a tight lid.
3. Blend or shake well.
4. Pour into glasses and serve immediately.

NUTRITION FACTS (per serving made with 1% milk) - Calories 150 ~ fat .5 g ~ calories from fat 5 ~ sodium 35 mg ~ total carbohydrate 33 g ~ fiber 0 g

If you drink one 12-ounce can of soda everyday, how much sugar do you eat in one year?



12-ounce can

about 10 teaspoons

of sugar



365 cans / year

76 cups of sugar

34 pounds of sugar



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