

# Traditional Food Recipe

## Summer Squash, Blueberry and Peach Smoothie

Recipe adapted from [www.homemadenuitrition.com](http://www.homemadenuitrition.com)



## Ingredients:

- 1/2 cup fresh or frozen **Blueberries** or **Mixed Berries**
- 1 cup fresh or frozen **Peaches**
- 1/2 cup fresh Summer Squash (chopped)
- 1/2 cup plain or vanilla **Greek or Regular Yogurt**
- 1/2 cup water (add more if necessary)
- 4-5 ice cubes if using *fresh* fruit

## Directions:

Servings: 1

- Place all ingredients in a blender and blend for a least one minute or until everything is combined and creamy.
- Pour into cup and place extra fruit on top or sprinkle with granola for some extra fun!



♥ Foods in **pink** can be purchased with WIC benefits  
🍌 Traditional foods are underlined

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### Ideas to try:

- Add fresh or frozen **Banana** or **Avocado**
- Try fruit flavored **Greek** or **Regular Yogurt**
- Replace water with any flavor **WIC Juice**



### Nutrition Highlights:

- Squash and fruit are high in fiber.
- Yogurt is a source of protein and calcium.
- Fiber helps control diabetes and improve heart health.
- Protein and calcium are great for healthy teeth and bones.

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