Traditional Food Recipe Summer Squash, Blueberry and Peach Smoothie



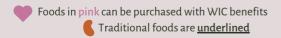
Ingredients:

- 1/2 cup fresh or frozen Blueberries or Mixed Berries
- 1 cup fresh or frozen Peaches
- 1/2 cup fresh <u>Summer Squash</u> (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!





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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.



Foods in pink can be purchased with WIC benefits

