














# Fruit Smoothie

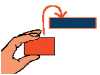









**1**    
 1 c milk

**1**       
 1 pkg strawberry instant breakfast drink

$\frac{1}{2}$         
 1/2 c sliced strawberries, raspberries, or blueberries

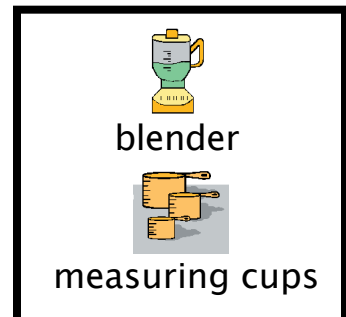
$\frac{1}{2}$    
 1/2 banana

$\frac{1}{2}$      
 1/2 c ice cubes (optional)

          
 Put all ingredients in the blender. Puree until smooth. Pour into  
  
 mugs.

 **2**   
 Makes 2 servings

Utensils 



**Adaptations:** AbleNet PowerLink® control unit with switch