**TEMPLATE FOR SMOOTHIES**

**Instructions: This is the guide that you followed in class. You can adapt this in many ways to meet your taste and available food. If you use fresh fruit, you can increase the ice. This makes 5, 8 oz servings. If you are making this for one or two servings…do the math!!**

**If you make a creation you love at home, please replace the template below with your ingredients and measurements and email it to me @** [**scowell@email.medfield.net**](mailto:scowell@email.medfield.net)

**Have fun! Be Creative!!**

**For 5, 8 oz. servings:**

1 C yogurt of your choice

¾ C liquid of your choice (milk or juice)

1 C fresh or frozen fruit

½ C ice