



Name Jane Doe County Garfield ID # _____

Food Group Fruit Recipe Name Basic Fruit Smoothie

Circle one: Beginner Junior Senior

Please write the exact recipe to be prepared for the Special Foods Contest in the area provided below. Include the ingredients, amount of each ingredient, and complete directions to prepare the dish.

EXAMPLE

1 qt. strawberries hulled

1 banana, broken into chunks

2 peaches

1 cup orange-peach-mango juice

2 cups ice

In blender combine strawberries, banana and peaches. Blend until fruit is pureed. Blend in juice. Add ice and blend until desired consistency. Pour into glasses and serve.