



Apple-Licious Smoothie

Prep Time: 5 minutes

Cost per serving: \$0.39

What you need:

Utensils:

- Pitcher
- Whisk
- Mixing spoon
- Measuring cups

Ingredients:

- 2 cups applesauce, unsweetened
- 2 cups 100% apple juice
- 2 cups fat-free strawberry yogurt

What to do:

1. Wash your hands and clean your cooking area.
2. In a pitcher, combine all ingredients and mix well.
3. Cover and chill until ready to serve.



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

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Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 32g	
Protein 4g	
Vitamin A 0%	Vitamin C 35%
Calcium 15%	Iron 2%