



# NO BLENDER SMOOTHIE

SERVES 6

## INGREDIENTS

- 1 ½ cups (375 mL) vanilla yogurt
- 2 strawberry flavoured applesauce snack cups
- 1 ½ cups (375 mL) Canadian milk

## DIRECTIONS

1. Arrange drinking cups on the counter.
2. Add the following ingredients to each cup:
  - ¼ cup (60 mL) yogurt
  - 2 tbsp (30 mL) applesauce
  - ¼ cup (60 mL) milk
3. Stir until smooth.

## NOTES

Add a strawberry to the rim of the cup for a special touch.

Change it up! Try different applesauce flavors in this smoothie.



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