

Smoothies

1 banana

2 cups fresh or frozen strawberries, mixed berries etc.

1 cup Stonyfield farms French vanilla yogurt (best yogurt ever!)

1 cup orange juice, apple juice or grape juice

3 cups ice

You may add: (the items below are good for you items to increase vitamin content)

1 scoop: of protein powder, wheat germ

2 tablespoons: honey or blackstrap molasses

Place all ingredients in blender then blend and serve.

Yummy and nutritious

The smoothie mixture freezes well for freezer pops!



MANUFACTURER'S COUPON EXPIRES: 05/17/2014

SAVE \$0.50
on (1) 16oz pint OR (1) 32oz quart of Stonyfield Organic Greek Yogurt



1436LB

Limit one (1) coupon per purchase of specified product(s). Void if duplicated, altered, or expired.
Retailer: For each coupon you accept as an authorized agent we will pay you the face value of this coupon plus 8 cents handling. Invoices providing purchase of sufficient stock to cover all coupons redeemed must be shown upon request. Cash value 1/20 cent. Redeem by mail to: Stonyfield Coupon Redemption, CMS Dept. #36632, 1 Fawcett Drive, Del Rio, TX 78840. Not subject to Doubling.

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