

Fruit Smoothie

(For Demonstration)

In blender add:

1- 8 oz strawberry yogurt
8 ounces frozen fruit (any flavor)
Cover mixture with water
Using the (M) switch, Jog 4 or 5 times

Turn Bosch on high speed:

Add 1 fresh banana (do not use frozen bananas)
Add sugar or sweetener to taste

Blend until smooth:

Add approximately 1 cup ice through the lid opening
(For thicker drink add more ice, thinner more water)

***Note:** 1 Tablespoon tofu powder may be added to the water or Milk, Orange juice or cream may be substituted for water.*

Kitchen Resource

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