

FRUIT SMOOTHIE FREEZER PACKS

Make breakfast simple by keeping multiple smoothie packs in the freezer and just adding yogurt and juice when eady to serve.



ALL YOU NEED:

PINEAPPLE-MANGO

- 1/2 c. pineapple slices
- 1/2 c. mango slices
- 1/2 c. banana slices
- 1 t bsp. ground flax seeds
- 1 container Greek yogurt
- 1/2 c. Pineapple juice

STRAWBERRY-PEACH

- 1/2 c. strawberry slices
- 1/2 c. peach slices
- 1/2 c. banana slices
- 1 container Greek yogurt
- 1/2 c. Unsweetened cranberry-raspberry juice

BLUEBERRY-GRAPE

- 1/2 c. blueberries
- 1/2 c. seedless red grapes
- 1/2 c. banana slices
- 1 tbsp. chia seeds
- 1 container Greek yogurt

ALL YOU DO:

MAKE-AHEAD PREP:

1. Place 1½ cups chopped fresh fruit in pint-sized re-sealable plastic bags.
2. If desired, add 1 tablespoon chia, ground flax seeds or wheat germ.
3. Freeze for up to one month.

FOR EACH SERVING:

1. Empty one bag into blender.
2. Add 1 (5.3 oz.) container of Hy-Vee vanilla Greek yogurt and 1/2 cup of liquid, if specified.
3. Cover and blend until smooth.