

FABULOUS FRUIT SMOOTHIES

For a quick, soothing breakfast or afternoon snack, put together the ingredients ahead of time. Keep the mixture in the refrigerator ready to whip together in a blender.

2 bananas

1 cup milk

1 cup other fruit (raspberries, blue-

berries, strawberries, mandarin

oranges, etc., fresh or thawed from frozen)

(optional: 2 tablespoons protein powder)

Cut bananas into 1-inch slices. Add all ingredients to a blender, and mix for 10 seconds on a low setting. Makes two servings.

YUMMY YOGURT SMOOTHIES

This yogurt variation on the previous recipe was a terrific hit at a Scouting event that attracted more than a hundred thirsty taste-testers. You could substitute strawberries, blueberries, or whatever fruit is in season.

1 banana

1 cup raspberries (fresh or thawed)

1/3 cup non-fat vanilla yogurt

½ cup apple juice

Cut up the banana in 1-inch slices. Add all ingredients in a blender, and mix for 15 seconds on a low setting. Makes one serving.

From "The Braces Cookbook: Recipes You and Your Orthodontist Will Love" by Pamela and Brenda Waterman. www.bracescookbook.com