

A Recipe from Bechard Family Farm

www.bechardfarm.com

Yogurt Fruit Smoothie

created by K.R. Bechard

2 cups yogurt (available from Bechard Family Farm, of course!)
2 cups whole raw milk (available from Bechard Family Farm, of course!)
2 cups (or more) fresh or frozen fruit of your choice
1/2 cup sugar

Other healthy nutrients can be added as desired.

Put all ingredients into a blender or Vita-Mix and blend until smooth. Pour into desired sized cups and place in freezer until ready to consume.

Makes about 4 large servings. Recipe can be halved. Can be frozen and eaten later if desired.

This recipe is great for a busy morning or easy to take with you on your way out the door. We enjoy it with scrambled eggs for a quick, easy breakfast.