

Rainbow Unicorn Smoothie



Ingredients:

- 1 1/2 cups low-fat or fat-free milk
- 1/2 cup low-fat vanilla yogurt
- 2 cup frozen strawberries (about 10 large)
- 1 cup frozen blueberries
- 1 cup frozen mango chunks

Optional Toppings

- 6 tablespoons whipped cream
- 4 teaspoons Unicorn Sprinkles
- 4 Decorative Unicorn horn candles, wick trimmed

Directions:

1. Add milk, yogurt and fruit to blender. Blend until smooth. Add additional milk or water to thin to desired consistency.
2. Divide smoothie into 4 glasses and top each with whipped cream, sprinkles and Unicorn candles.
3. Drink in the morning and have a magical rest of your day!

Makes 4 servings.

Recipe courtesy of MilkLife.com.



Tarrant County Public Health
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