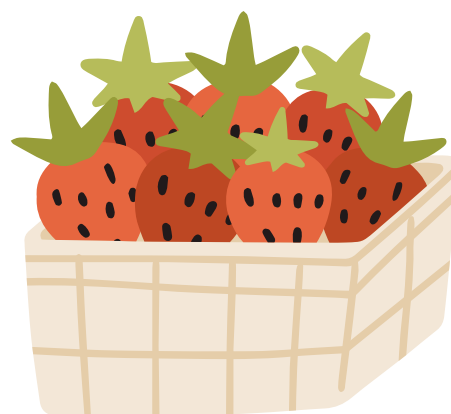


Happy National Peanut Butter & Jelly Day!

Strawberry season is almost here in North Carolina! From mid-April to June, we get to eat fresh, local strawberries!



Swipe for a delicious PB&J smoothie recipe that includes this yummy fruit!



Peanut Butter & “Jelly” Smoothie

MAKES 2 SERVINGS

INGREDIENTS:

- 1/2 cup plain low-fat yogurt
- 1 cup skim milk
- 2 tablespoons creamy peanut butter (*For nut allergies, substitute 2 tablespoons sunflower seed butter or ¼ cup toasted wheat germ or oats*)
- 1 cup fresh or frozen strawberries
- 3 ice cubes

EQUIPMENT:

- Cutting Board & Knife (if using fresh strawberries)
- Measuring Cups & Spoons
- Blender



Peanut Butter & “Jelly” Smoothie

STEPS:

1. Wash hands with soap and water.
2. Wash & cut leaves off strawberries (if using fresh strawberries).
3. Place all ingredients into blender.
4. Blend at medium speed for around 1 minute, or until smooth.
5. Serve immediately. Enjoy!



Peanut Butter & “Jelly” Smoothie

FINISHED PRODUCT:



**CHECK OUT OUR REELS FOR A
STEP-BY-STEP VIDEO OF THIS
RECIPE IN ACTION!**