

Canada Agriculture and Food Museum

Breakfast smoothie

Apprentice chef do-it-yourself yogurt recipe

- 250 ml / 1 cup probiotic yogurt
- 250 ml / 1 cup fresh or frozen fruit
- ½ banana
- 250 ml / 1 cup 100% pure orange juice
- 125 ml / ½ cup milk
- 45 ml / 3 tablespoons wheat germ, chia or hemp seeds

Equipment

- blender
- measuring cups



If you are allergic to milk, use a dairy-free yogurt and beverage option (soy, rice, hemp, almond, coconut or other).



Instructions

- Blend all the ingredients in a blender. Serve cold.
- This recipe makes approximately four 250 ml (1 cup) servings.
- For more protein and a different taste, try adding a spoonful of nut butter or seed butter (peanut, almond, cashew, soy, sunflower seed, pumpkin seed, etc.).



This lesson plan was produced by the Canada Agriculture and Food Museum.

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