

# recipe *Big Bird's Happy Day Sunrise Smoothie*

## ingredients

*2 cups plain yogurt*

*2 cups pineapple juice*

*16 ounce bag frozen pineapple*

## directions

*Add all ingredients to a blender, mix on high until smooth. Serve 1/2 cup per child immediately as a frosty smoothie or let sit for five minutes before serving.*



*Snack Crediting: 8 Servings for ages 1-5*  
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