

Get a Healthy Start with the Oakhurst Rise and Shine Smoothie.

It's naturally nutrient rich, delicious and a snap to make. Your good health is our mission so make the Oakhurst Rise and Shine Smoothie part of your family's daily routine.



OAKHURST Rise and Shine Smoothie

Oakhurst Rise and Shine Strawberry Smoothie

1C Oakhurst 1% Lowfat Milk

1C Oakhurst Orange Juice

¼C Lowfat Vanilla Yogurt

14 Frozen Strawberries

1 Banana



Blend thoroughly for 20-30 seconds.
Makes approximately 4, 8oz servings

www.oakhurstdairy.com

