

Fruit Smoothies

Yield: 3 servings • Serving: 1 cup

1 cup yogurt

1 cup fruit (frozen, fresh **or** canned)

1 cup 100% fruit juice

1. Place yogurt, fruit and juice in a blender.
2. Blend until smooth, about 30 seconds. Serve immediately.

★Tips:

Using frozen fruit will make the smoothie thick and icy-cold.

If a blender is not available, you can shake it up in a jar! Use canned fruit or a banana and mash thoroughly before adding the yogurt and juice.

Shake thoroughly to mix all ingredients.

PER SERVING: CALORIES 106 • FAT 1 G • PROTEIN 5 G • CARBOHYDRATE 19 G • FIBER 1 G • GOOD SOURCE OF VITAMIN C AND CALCIUM