



# Fruit Smoothie

Makes 4 servings

- 2 containers (6 ounce) low-fat vanilla yogurt
- 1 package (10 ounces) frozen strawberries or raspberries
- 1 medium banana, sliced

1. Put all ingredients in a blender or food processor.
2. Mix until smooth.

Note: You may need to blend this in two batches. For a change of pace, use any of your favorite frozen fruits. Fresh fruit such as mango, peaches and cantaloupe also can be used.

