



Apple Yogurt Smoothie

Makes 2 servings

- 2 cups low-fat vanilla yogurt
- 1 granny smith apple, cored, peeled and diced
- ½ cup orange juice
- ½ cup ice
- 2 Tablespoons honey

1. Put all ingredients in a blender or food processor.
2. Mix until smooth.
3. Pour into 2 glasses.
4. If desired, garnish with sliced almonds, julienne mint and ½ teaspoon honey.