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.