Blues Buster Smoothie
Makes 2 servings

1 (6 ounce) container low-fat blueberry yogurt
1/2 cup apple juice
1/3 cup fresh or frozen blueberries
1/3 cup frozen sliced peaches
5-6 ice cubes

1. Place yogurt, apple juice, blueberries and peaches in blender.
2. Add ice cubes.
4. Serve immediately.