

Creamy Fruit Smoothie

- 1/2 cup fat free milk
- 1/2 cup fruit flavored low fat or fat free yogurt*
- 1/2 cup frozen, fresh, or canned fruit (drained)*
- 4 to 6 ice cubes

Makes 2 portions, 1 cup each

Per portion

Calories:	127
Carbohydrate:	25 grams
Protein:	5 grams
Fat:	1 gram
Saturated fat:	0
Cholesterol:	5 milligrams
Sodium:	75 milligrams
Dietary fiber:	0

1. If using fresh fruit, wash it.
2. Place milk, yogurt, and fruit in a blender. Blend for 30 seconds to 1 minute.
3. Add ice cubes and blend until ice is crushed.

Flavor Combination Ideas

Yogurt

- *Strawberry
- *Peach
- *Blueberry or strawberry
- *Pineapple
- *Vanilla

Fruit

- *Frozen strawberries
- *Frozen or canned peaches
- *Bananas
- *Crushed pineapple
- *Chopped apple or applesauce with 1/4 teaspoon cinnamon