

LEMON BERRY SMOOTHIE

INGREDIENTS

- 1 (8 ounce) container blueberry nonfat yogurt
- 1 1/2 cups skim milk
- 1 cup ice cubes
- 1 cup fresh blueberries
- 1 cup fresh strawberries
- 1 teaspoon powdered lemonade mix

DIRECTIONS

- Place milk and ice cubes in blender and mix.
- Add yogurt, blueberries, strawberries and lemonade mix.
- Pulse until smooth and creamy.

(Serves 4)

Feel free to experiment and substitute other kinds of fruit!

