## Fruit-Yogurt Smoothie

Ingredients for 6 fruit-yogurts:

1 cup ( 250 ml )
$\frac{3}{4}$ cup ( 175 ml )
$\frac{3}{4}$ cup ( 175 ml )
fresh or frozen fruits (e.g. berries, strawberries,bananas) plain, vanilla or fruit yogurt 100\% pure orange juice


## Preparation:

1. Wash fresh fruits. If using frozen fruits, let them thaw at room temperature or put them few minutes in the microwave.
2. Measure the ingredients.
3. Place yogurt, fruits and juice in a blender.
4. Blend until smooth consistence.
5. Pour into six (6) glasses. Keep leftover refrigerated.


