Fruit-Yogurt Smoothie

Ingredients for 6 fruit-yogurts:

1 cup (250 ml)

- fresh or frozen fruits (e.g. berries, strawberries, bananas)
- $\frac{3}{4}$ cup (175 ml) ³/₄ cup (175 ml)
- 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.













