

Recipe

Fruit Smoothie



Prep: 5 minutes



Easy



Serves: 2

Ingredients:

- 2 cups fruit of choice (may be canned)
- 1 cup milk
- $\frac{3}{4}$ cup yogurt
- May add $\frac{1}{2}$ cup ice for thicker smoothie

Directions:

Blend any combination of frozen, fresh, or canned fruit, yogurt, ice (optional) and milk until reach desired consistency.

