



## Fruit & Yogurt Smoothie

Cook 10 m

Ready In 10 m

*Recipe By:* EatingWell Test Kitchen

“This easy smoothie recipe calls for just three ingredients and will work with just about any fruit or juice you have on hand. Mix up your combinations from day to day for a healthy snack you'll never get bored with.”

### **Ingredients**

¾ cup nonfat plain yogurt

½ cup 100% pure fruit juice

1½ cups (6½ ounces) frozen fruit, such as blueberries, raspberries, pineapple or peaches

### **Directions**

Puree yogurt with juice in a blender until smooth. With the motor running, add fruit through the hole in the lid and continue to puree until smooth.