



## Fruit Smoothies

A couple of crisp, cold yogurt and fruit smoothies.

**Serves 2, 1 cup per serving**

### Ingredients

- 1 medium banana
- ½ cup ice cubes
- 1 cup low-fat plain yogurt
- ½ cup 100% orange juice
- 4 frozen strawberries

### Instructions

1. Peel banana. Place in blender.
2. Add remaining ingredients to the blender. If using cinnamon, add now.
3. Cover and blend until smooth.



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