

Strawberry-Raspberry Smoothie

Ingredients:

- ¾ cup low-fat raspberry yogurt 6 ounces
- ½ cup apple juice
- 1/3 fresh or frozen raspberries
- 1/3 cup of frozen strawberries
- 5-6 ice cubes

Servings: 1

Instructions:

1. Combine all ingredients in blender
2. Blend until smooth.
3. Amount of ice will vary depending on desired consistency.
4. Pour into a glass and serve chilled