



Summer Fruit Frappe & Smoothies

Makes 4 drinks

16oz (two 8oz cartons) fat free vanilla or plain yogurt
2 small (or one large) ripe bananas, sliced
1 cup sliced strawberries (fresh or unsweetened frozen)
1 cup berries such as raspberries and/or blueberries. And/or peaches (fresh or unsweetened frozen)

Smoothie: In a blender, combine bananas, berries and mixed fruit. Cover and puree until nearly smooth.

Fruit Frappe: Put yogurt and fruit in blender. Add ice to fill to the top. Blend and serve immediately

Add in's:

1 tsp. vanilla
2 Tbsp. orange juice
2 Tbsp. wheat germ or ground flaxseed meal

Recipe adapted from *Better Homes and Gardens*

Nutritional Information:

Calories 125	Total Fat: 1g
Saturated Fat: 0g	Cholesterol: 2mg
Carbohydrates: 24mg	Dietary Fiber: 3g
Protein: 7g	