

Berry Fruity Smoothie



Ingredients:

- 1/2 cup fat free milk
- 1/4 cup low fat vanilla yogurt
- 1/2 cup orange juice or a fresh orange
- 1 cup mango, sliced
- 1 banana
- 1 cup blueberries

Directions:

1. Place all ingredients into a blender.
2. Blend to desired consistency.
3. Serve immediately, or freeze to eat as a frozen dessert.

Makes 2 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>