Fruit Smoothie

Ingredients:
1 cup yogurt (any flavor)
1 banana
1 cup of 100% fruit juice (any flavor)
1 cup cut-up fruit (fresh, frozen or canned)*
*If you use fresh or canned fruit, add ice cubes to the blender until desired consistency is reached.

Directions:
1. Wash hands thoroughly.
2. Put yogurt, banana and fruit juice in a blender.
4. Add fresh, frozen or canned fruit a little bit at a time.
5. If you need to use ice cubes, add them a little bit at a time and blend until smooth.

Yields about 2 servings

Source: Eat Fit- University of CA-Davis