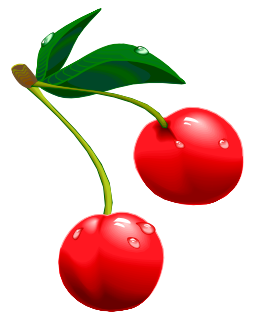


Cherry Vanilla Smoothie



Ingredients

- 1 cup apple juice or cider
- 1/2 cup low-fat vanilla yogurt
- 1 teaspoon vanilla extract
- 1 1/2 cups frozen pitted cherries

Instructions

1. Blend all ingredients together. Serves 2.

Make Your Own Smoothie! You be the mix master and create your own masterpiece! Be creative and don't forget to add your favorite fruits!

Big News!

Going Greek with your yogurt has numerous benefits. Greek yogurt is thicker than ordinary yogurt and has a similar tanginess to sour cream but is minimally tasted in the flavored varieties.

It is a great substitution for sour cream or mayonnaise in recipes & with approximately 2 times more protein than regular yogurt, no fat, & no cholesterol it is a healthy alternative.

Try adding it to your smoothie, or use it to top a baked potato! Any way you eat it will benefit your health!

So next
GO



time...
GREEK!



What's in Your Smoothie Creation??
