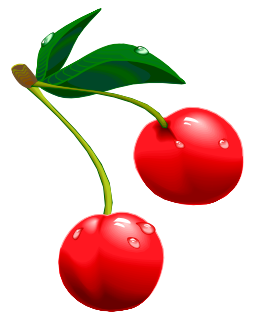


# Cherry Vanilla Smoothie



## 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??

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