**Fruit Smoothies**

***Yield – 4 smoothies (5oz. each)***

**Ingredients** **Amounts**

Vanilla yogurt 8 ounces (1 cup)

Milk 8 ounces (1 cup)

Fresh or frozen berries 2 ounces (1/4 cup)

Fresh bananas 2 ounces (1/4 cup)

**Method**

* Combine all ingredients in a blender.
* Puree together.
* ***(You can add more or less of all ingredients to suite your desired thickness and flavor. You can also use flavored yogurts, low fat milks and different fruits. Feel free to try any combinations you would like!!!!)***
* Drink and enjoy!!!