



Raspberry Strawberry Yogurt Smoothie

Recipe courtesy of Midwest Dairy Association

Prep time: 5 minutes

Servings: 4

- 1 cup low-fat vanilla yogurt
- 1 cup unsweetened frozen raspberries
- 1 cup unsweetened frozen strawberries
- 3/4 cup low-fat milk
- 1 cup ice (about 12 cubes)

Blend all ingredients in blender until smooth. Serve immediately.

Source: Midwest Dairy Association

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