

## Vanilla Fruit Smoothies

### Ingredients:

½ cup orange juice  
½ cup plain low fat yogurt  
1 ripe banana  
1/3 cup frozen peaches  
1/3 cup frozen strawberries  
¼ cup frozen raspberries  
1 or 2 tsp pure vanilla extract  
8 ice cubes (or more for thicker smoothie)

### Directions:

1. Put all of the ingredients in a blender and blend for about one minute.

Tip: If your blender can't handle regular ice cubes, buy a bag of small ones from the store and use a few more or wrap them in a towel and smash them in half before adding to the blender.

Yield: 2 large servings.

Source: [www.penzeys.com](http://www.penzeys.com)

Nutritional analysis per serving: calories 160, calories from fat 10, total fat 1g, saturated fat 0.5g, trans fat 0g, cholesterol 5mg, sodium 45mg, total carbohydrate 33g, dietary fiber 3g, sugars 26g, protein 4g, vitamin A 2%, vitamin C 70%, calcium 10%, iron 4%