

## Yogurt-Fruit Smoothie



### Ingredients:

- 2 bananas
- 2 c yogurt
- 3 t sugar
- 1 c pineapple juice
- 1 c raspberries/blueberries
- 1 ½ T apple juice
- 4 t low fat milk

### Instructions:

- Mix all ingredients in a blender until smooth.

Makes 4 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>