

Banana Apple Smoothie



Ingredients:

- 1 large banana, peeled and chopped
- 1 apple, peeled and chopped
- 3/4 cup non-fat plain yogurt
- 1 cup skim milk

Directions:

1. Combine all ingredients in a blender.
2. Blend about 1 minute, or until smooth.
3. Serve immediately.

Makes 2 servings.



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