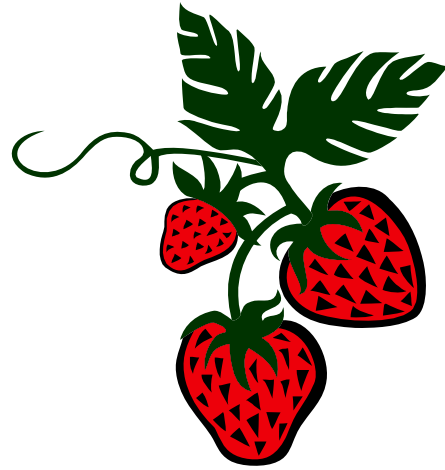


## LAUREN'S FRUITY SMOOTHIE

### Ingredients:

1 cup fresh or frozen unsweetened fruit  
(strawberries, peaches, and/or banana)  
1/2 cup low-fat vanilla yogurt (4 oz.)  
1 tablespoon apple juice concentrate  
Grape Nuts



### Directions:

1. Place fruit, yogurt and apple juice concentrate in blender; whirl until well blended.
2. Pour into a glass; garnish with Grape Nuts. The smoothie will be thick and yummy.

Note: Frozen fruit adds to the texture of this drink and makes it nice and cold.

Makes 1 serving.

### Nutritional information per serving:

Calories:	236
Total fat:	2.04g
% calories from fat:	7.8%
Calcium:	212mg