

Frosty Yogurt Shakes

Frozen vanilla yogurt and fruit juice make a yummy A.M. beverage.

Vanilla frozen yogurt

Ice cube Orange juice or Pineapple juice

Vanilla

For each shake, place a scoop of frozen yogurt, some ice cubes, orange juice and vanilla (about 1/2 cup each yogurt, ice cubes and juice and 1/4 teaspoon vanilla) in blender container. Cover and blend on high speed until smooth.

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