

## North Pole Strawberry Smoothie

*Ho, ho, ho! Fix this strawberry and yogurt smoothie as an extra-special treat after the excitement of opening presents from Santa.*

- 1 package (10 ounces) frozen strawberries in syrup, partially thawed and undrained
- 1/4 cup water
- 2 cups vanilla frozen yogurt
- 2 tablespoons vanilla reduced-fat yogurt
- 1 strawberry-flavored or peppermint candy cane, about 6 inches long, finely crushed
- Green decorating gel

1. Place strawberries and water in blender. Cover and blend on medium-high speed until slushy. Blend on medium speed until smooth. Transfer to 2-cup measure.
2. Wash and dry blender. Place frozen yogurt and reduced-fat yogurt in blender. Cover and blend on medium speed until smooth.
3. Place crushed candy cane on small plate. Pipe decorating gel around rim of two 12-ounce glasses. Dip rims into crushed candy.
4. Carefully pour yogurt mixture and strawberries at the same time into glasses, creating a half-and-half design. Serve with large drinking straws if desired.

**Per Serving:** Calories 380 (Calories from Fat 20); Total Fat 2 g (Saturated Fat 1 g);  
Cholesterol 10 mg; Sodium 130 mg; Total Carbohydrate 83 g (Dietary Fiber 3 g); Protein 10 g  
**% Daily Value:** Vitamin A 4 %; Vitamin C 100 %; Calcium 32 %; Iron 6 %

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