

**Beverage**

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# **Raspberry Cream Smoothies**

Taste of Home Cooking School

**Servings: 3**

**1 cup orange juice**

**1 cup raspberry yogurt**

**1 cup vanilla frozen yogurt**

**1 1/2 cups frozen raspberries**

**1/2 cup frozen banana chunks**

**1 teaspoon vanilla extract**

In a blender, combine the orange juice, raspberry yogurt, vanilla yogurt, raspberries, banana and vanilla extract.

Cover and process until smooth.

Pour into chilled glasses.

Serve immediately.

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Per Serving (excluding unknown items): 118 Calories; 3g Fat (21.7% calories from fat); 2g Protein; 21g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 43mg Sodium. Exchanges: 1/2 Fruit; 1/2 Fat; 1 Other Carbohydrates.