

**Beverage**

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# Raspberry Pomegranate Smoothies

Taste of Home Cooking School

**Servings: 4**

**1 1/2 cups pomegranate juice**  
**2 cups frozen unsweetened raspberries**  
**1/4 cup packed brown sugar**  
**2 cups low-fat vanilla frozen yogurt**

In a blender, combine the juice, raspberries and brown sugar.

Cover and process until blended.

Add the frozen yogurt.

Cover and process until blended.

Pour into chilled glasses.

Serve immediately.

Yield: 4 cups

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Per Serving (excluding unknown items): 103 Calories; trace Fat (0.7% calories from fat); trace Protein; 26g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1 Fruit; 1 Other Carbohydrates.