

## Beverage

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# So-Healthy Smoothies

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**Servings: 4**

**Start to Finish Time: 15 minutes**

**1 cup fat-free milk**

**1/4 cup orange juice**

**2 tablespoons vanilla yogurt**

**1 tablespoon honey**

**1 small banana, sliced and frozen**

**2/3 cup frozen blueberries**

**1/2 cup chopped and peeled mango, frozen**

**1/4 cup unsweetened peach slices, frozen**

In a blender, combine the milk, orange juice, yogurt, honey, banana, blueberries, mango and peaches.

Cover and process until smooth.

Pour into chilled glasses.

Serve immediately.

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Per Serving (excluding unknown items): 68 Calories; 1g Fat (7.1% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 4mg Sodium. Exchanges: 1 Fruit; 0 Non-Fat Milk; 0 Fat; 1/2 Other Carbohydrates.