

## **Banana- Berry Wake Up Smoothie**

1	banana	
1 cup	fresh or frozen berries (any combination)	250 mL
1 cup	milk or vanilla-flavored soy beverage	250 mL
3/4 cup	Vanilla Yogurt 2% MF or less (or another flavour)	175 mL

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk (or soy beverage) to achieve desired consistency. Makes 2 servings.

## **Sunny Orange Smoothie**

3/4 cup	Vanilla Yogurt 2% MF or less (or another flavour)	175 mL
2 tbsp	skim-milk powder	25 mL
1/2 cup	orange juice	

In a blender, combine yogurt, skim-milk powder and orange juice. Blend until smooth. Makes 1 serving.