

Smoothies

INGREDIENTS:

2 cups (0.5 L) ripe strawberries	1 cup skim milk
1 banana	1/2 cup (125 mL) fresh orange juice
1 cup (250 mL) plain low-fat yogurt	2 tbsps (15 mL) sugar, or to taste

DIRECTIONS:

1. Rinse and drain the strawberries and place them in a blender.
Add the banana.
Add the yogurt, milk, orange juice and sugar.
 2. Process on the highest speed until a well-blended purée forms, about 15 seconds, stopping to scrape down the sides of the container once or twice.
 3. Taste the mixture and sweeten with a little more sugar, if you wish.
 4. Pour into glasses and serve.
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