

Lemon To Your Aide Smoothie



$\frac{3}{4}$ cup lemonade
1 $\frac{1}{2}$ cup raspberries or strawberries
1 cup low-fat lemon yogurt *
1 sliced banana

Measure ingredients and place in blender. Blend until smooth.

***Smoothie Tip:** Purchase yogurt ahead of time from dairy case. Scoop into Ziploc bags and freeze. Using yogurt that is frozen helps keep smoothie cold and maintain texture.

Provided by the Brown County Dairy Promotion Committee
<http://browncountydairypromotions.com/>