

Real Fruit Smoothie!

You Will Need:

- 2 pieces of fruit cut up (choose from an apple, a pear, a banana, or a combination!!)
- 1/2 Cup of Frozen berries (choose from blueberries, strawberries, or pineapple, or again, a combination!!)
- 1 Cup Low-Fat vanilla yogurt
- 1 Scoop Whey Protein (vanilla is standard; you can try other fruit flavors, strawberry, banana, etc.)
- 1 Cup Zero-Calorie Fruit flavored water (Adirondack, Fruit 20, etc.)

Preparation:

Combine all ingredients except the water in a blender. Blend, adding water slowly until desired consistency is achieved.

This makes a great on-the-go breakfast paired up with a whole-wheat bagel or English muffin. It even makes a great snack, post-workout shake, or as a nighttime frosty treat that's healthy too!