

# Fruit Smoothie

Cheers to your continued good health! Reward yourself with this smoothie for an easy treat on-the-go.

## Ingredients

- 1 cup canned apricot halves in light syrup or 1 cup fresh fruit of any kind
- 6 ice cubes
- 1 cup nonfat plain yogurt
- 3 tablespoons sugar (if using fresh fruit)

## Preparation

Blend apricot halves or fresh fruit, ice cubes, yogurt and sugar in a blender until frothy.

## Nutrition (per serving)

Yield: 2 servings; calories: 203; fat: 0g; carbohydrates: 49g; protein: 6g; cholesterol: 3mg; sodium: 74mg; fiber: 2g; potassium: 176mg



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