Fiber One Fruit Smoothies

Ingredients

- 2 containers (6 oz each) Yoplait Original 99% Fat Free strawberry, mixed berry or red raspberry yogurt
- 1 cup Fiber One cereal
- 1 cup fresh strawberry halves or raspberries, or frozen whole strawberries
- 1 1/2 cups fat-free (skim) milk
- 1 banana, sliced

Instructions

1. In blender, place all ingredients. Cover; blend on high speed 10 seconds.
2. Stop blender and uncover; scrape down sides of blender. Cover; blend an additional 20 seconds or until smooth.
3. Pour into 2 glasses. Serve immediately.

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Recipe Summary

Prep Time	5 minutes
Ready In	5 minutes
Servings	2 (1 3/4 cup each)

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