

STRAWBERRIES AND CRÈME SMOOTHIE

Ingredients:

- 2 cups low fat vanilla yogurt
- 1 large banana
- 1 1/3 cup low fat milk
- 2 1/2 cups strawberries, cut in half, plus 5 whole strawberries for garnish

Directions:

1. Place yogurt and banana in a blender and blend until smooth.
2. Add milk and blend until incorporated.
3. Remove one cup of the yogurt mixture and set aside.
4. Add strawberries to the yogurt mixture in the blender and puree until smooth.
5. Divide yogurt-and-strawberry mixture among five glasses.
6. Using the one cup of yogurt mixture that had been set aside, pour a little bit of the yogurt into each of the five glasses and swirl the pink and white mixtures together with a spoon.
7. Garnish each glass with a strawberry.

