



RECIPE NAME: Fruit Smoothie

FROM THE KITCHEN OF: Janet Lee Madison Miller '57

INGREDIENTS:

Three ice cubes.
Any kind of fruit or fruits.
One carton of plain yogurt.
Cranberry juice. Amount depends on blender size, but it should be to the half way mark

INSTRUCTIONS:

Add all the ingredients and blend until smooth. Will make two or three smoothies. This is a good way to use left over fruits. Different juices may be used instead of cranberry juice. To make it a milkshake add any amount of ice cream instead of yogurt.

