

Applesauce-Mixed Fruit and Yogurt Smoothie

Makes 2 servings

1 cup applesauce, any flavor
1 cup vanilla low-fat yogurt
1 ripe banana, sliced or 1 cup frozen fruit
3-4 ice cubes

Preparation: In a blender, combine applesauce, yogurt and fruit. Cover and blend until smooth. Add ice cubes, one at a time, blending well after each addition. Pour into 2 glasses and serve.