



beauty foods™

Fruity-Vanilla Yogurt Smoothie

Renew yourself with whole fruits blended to perfection

Product Used In This Recipe:
[Vanilla Dream Beauty Blend](#)



5 min 

2 servings 

122 cals 

Ingredients:

1 Banana
1 1/2 c Fat-Free, Plain Yogurt
1 packet Vanilla Dream
3/4 cup frozen peaches
1/4 c whole frozen strawberries
1 tablespoon orange juice concentrate

Directions:

Combine all ingredients in a blender. Serve immediately.

Nutrition Facts:

Calories 122, calories from fat 3.5, cholesterol 0mg, sodium 334mg, sugar 16.5g, protein 2g