

# Good-Morning Fruit Smoothie

For a special treat on Father's Day, serve this delicious, fruity smoothie to your whole family.

- 1 cup ice**
- 1 cup low-fat vanilla yogurt**
- 1 ripe banana, cut into pieces**
- 1 cup frozen strawberries or blueberries**
- ½ cup cranberry or orange juice**

Crush ice in blender. Add the rest of the ingredients and blend for 30 seconds. Pour into cups or glasses and enjoy!

