

Here is a great cool drink for those hot summer days! This is also a great mid morning drink!

Tangerine Smoothie



You can substitute pina colada frozen yogurt for the yogurt in this recipe, or a combination of 1/4 cup vanilla yogurt and 1/2 cup of coconut and/or tropical fruit sorbet. If you use frozen yogurt, you might want to omit the sugar, depending on how sweet you like your smoothies.

- 3/4 cup crushed ice
- 3/4 cup pina colada yogurt
- 1 cup orange-tangerine juice
- 1/2 cup non-fat milk
- 1 tablespoon sugar

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Place ice in a blender. Add the remaining ingredients and blend until smooth.



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