

Summer Stone Fruit Smoothie

Yield: 1 serving

- 1/3 Cup Diced Banana
- 2 Fresh Apricots
- 1/2 tsp Ground Cinnamon
- 1/8 tsp Pure Vanilla Extract
- 2/3 Cup Low Fat Vanilla Yogurt
- 1 Cup Ice Cubes

Portion size: 2 Cups



Put all ingredients in a blender and puree into smoothie. For quicker smoothie bar service, season yogurt in bulk with cinnamon and vanilla. For each order, add fruits, seasoned yogurt and ice cubes in blender.

Chef's Notes: Substitute apricots with other stone fruits for a seasonal smoothie.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
209	9	40.6	2.3	7.6	105.4	3.3	1.3