

winter smoothie

a frosty, colorful, make-ahead treat for hot days

Servings: 4

ingredients:

2 1/2 c pineapple juice
2 1/2 c freshly squeezed orange juice
3/4 c Yami plain yogurt
1 banana, peeled and halved
3 tbsp honey
1/4 tsp ground cinnamon, plus more for garnish

optional:

orange sections for garnish

preparation:

Fill one ice-cube tray with pineapple juice and another with orange juice; refrigerate the leftover juice to use in the smoothies later. Place juice trays in the freezer for several hours or overnight—until solidly frozen.

After the juice has frozen, place yogurt, banana, honey, and cinnamon in blender and process until smooth. Transfer to a bowl, and set aside. Rinse blender, and fill with pineapple ice cubes and remaining pineapple juice. Process until smooth. Divide among four glasses, top with reserved Yami yogurt mixture, and place in the freezer.

Next, process the orange juice cubes with the remaining orange juice. Remove filled glasses from freezer, and top with orange juice slush.

Garnish each glass with additional cinnamon and an orange section, if desired. Serve immediately.

Yami[®]
yogurt