

yogurt smoothie

smooth and portable on a busy morning, or anytime as a pick-me-up

Servings: 4

ingredients:

2 1/2 c pineapple juice
2 1/2 c orange juice
1 banana
1 c Yami yogurt, any flavor
3 tbsp honey
1/4 tsp ground cinnamon

preparation:

Process all ingredients in a blender until smooth. Try different yogurt flavors and discover your favorites!

Note: Power up your morning by adding a couple scoops of vanilla or unflavored protein powder before blending.

Yami[®]
yogurt