

Citrus Smoothie

Ingredients

3/4 cup lemonade
1/4 cup lemon yogurt
1 cup of lime sherbet
1/2 cup ice

Directions

Place ingredients in blender in order as listed and blend until smooth.

Strawberry Milkshake

Ingredients

1/2 cup vanilla ice cream
3/4 cup lowfat milk
1 cup strawberries
1 tablespoon sugar
1/4 cup ice cubes

Place ingredients in blender in order as listed and blend until smooth.