

Cherry Yogurt Smoothie

Cherry juice concentrate is an excellent addition to smoothies. Add 1 to 2 tablespoons of cherry juice concentrate to your favorite smoothie, or try this taste-tempting recipe.

1 cup non-fat plain or vanilla yogurt
1 ripe banana, peeled and sliced
½ cup orange juice
¼ cup tart cherry juice concentrate
1 cup crushed ice

Put yogurt, banana, orange juice, cherry juice concentrate and crushed ice in the container of an electric blender or food processor. Puree until smooth. Serve immediately.

Makes 2 (8-ounce) servings.