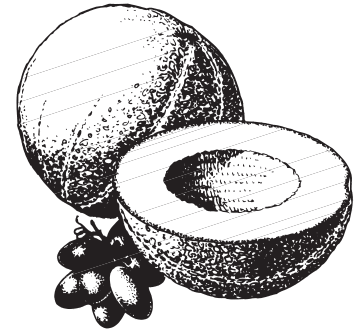


# Cantaloupe Smoothie

Karen Kremer



## Ingredients

2 cups ripe cantaloupe,  
cut into pieces

1 cup fresh strawberries

1 banana, sliced

sugar or honey to taste

1½ cups low fat vanilla  
yogurt

## Directions

Place ingredients in a blender or food processor and blend well.

Taste and adjust sweetening if necessary, depending on the sweetness of the fruit.

Serve.