

Lemon Strawberry Yogurt Smoothie



- 1 Cup Vanilla Yogurt
- 1 Cup Orange Juice
- 1 ½ Cup Strawberries
- 1 ½ Cup Milk
- 1 ½ Tbsp Lemon Juice



Instructions: Combine all ingredients into a blender and blend until smooth.

***Smoothie Tip:** Purchase yogurt ahead of time from dairy case. Scoop into Ziploc bags and freeze. Using yogurt that is frozen helps keep smoothie cold and maintain texture.

Provided by the Brown County Dairy Promotion Committee
<http://browncountydairypromotions.com/>