

CANTALOUPE SMOOTHIE

Shared by Vandygirl

Tasty, refreshing, and fat-free!

INGREDIENTS:

1/2 ripe cantaloupe, peeled, seeded, and cut into chunks

1 cup skim milk

1 cup vanilla fat-free yogurt

1 cup crushed ice

2 tablespoons sugar, or to taste

PREPARATION:

Combine all ingredients in a blender and process until smooth. Makes about 4 cups.