

Apricot-Tangerine Smoothie

- 10 fresh apricots, cut in half and pitted
- 1 cup freshly squeezed tangerines
(Approximately 4 tangerines)
- 3 tablespoons plain low-fat yogurt

Combine apricots, tangerine juice and yogurt in a blender.

Blend until smooth.

Makes 2 servings.