

Orange-Pomegranate Smoothie

Tupperware®

Serves 2: 1 cup each

Ingredients

- ¾ cup pomegranate juice
- ½ cup orange juice
- 1 cup low-fat vanilla frozen yogurt

Directions

1. Place all ingredients into base of Smooth Chopper with blade attachment.
2. Replace cover, pull cord and blend until smooth.
3. Pour into tumblers and enjoy.

Apple Pie Smoothie

Tupperware®

Serves 1: 1 cup

Ingredients

- ¼ cup apple juice
- 1 scoop (½ cup) frozen yogurt
- ½ cup unsweetened apple sauce
- 1/8 tsp. Simple Indulgence™ Cinnamon Vanilla Seasoning Blend

Directions

1. Place all ingredients into base of Smooth Chopper with blade attachment.
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3. Pour into tumbler and enjoy.

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