



Black Grape Smoothie
Serves 4 (about 1 ½ cups)

2 cups seedless black grapes
1 cup plain low-fat yogurt
1 cup fat-free milk
2 Tbsp. sugar
Crushed ice cubes, as desired

Combine all ingredients in a blender container. Blend until smooth; add crushed ice to reach desired consistency. Serve immediately.

Per serving: 130 calories, 1 g fat, 5 g protein, 27 g carbohydrate, 1 g fiber, 70 mg sodium

This recipe is a Foot Steps to Health Recipe providing a serving of fruit or vegetable and is 500 Club Approved