

## Cranapple Smoothie



### Ingredients:

- 1 cup cranapple juice
- 1 cup plain yogurt
- 1 cup canned mixed fruit, drained

### Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth.

Makes 2 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>