



EAT MORE BURN MORE

TANGY TANGERINE GREEK YOGURT SMOOTHIE



INGREDIENTS:

3 seedless tangerines	1/3 cup milk
1/2 frozen banana	3 ice cubes
1/4 cup plain Greek yogurt	

Active time: 5 minutes

Cook time: N/A

Yield: 1 serving

PREPARATION:

1. Peel the tangerines.
2. Place all ingredients in a blender.
3. Blend until creamy.