



Apple-Celery Shake

Prep: 10 minutes

Makes: about 5 cups

- 2 Granny Smith apples, peeled, cored and cut into ½-inch pieces
- 2 medium celery ribs, including leaves, peeled and cut into ½-inch pieces
- ½ cup low-fat milk
- ½ teaspoon vanilla extract
- ⅛ teaspoon almond extract
- ⅛ teaspoon ground nutmeg
- 4 cups frozen vanilla yogurt or ice cream

In blender, blend apples, celery, milk, vanilla extract, almond extract and nutmeg until smooth. Add frozen yogurt and blend until smooth.

*Approximate nutritional values per serving (1¼ cups):
266 Calories, 7g Fat (3g Saturated), 22mg Cholesterol,
100mg Sodium, 49g Carbohydrates, 3g Fiber, 5g Protein*