

Lemon pick-me-up

start your day refreshed, or refuel after a workout or a long day at the office

Serves: 1

ingredients:

3 milk 'ice-cubes,' cracked
6 oz plain, nonfat Zoi Greek
yogurt
2 tbsp granulated sugar
1 tsp fresh lemon juice
1/2 tsp lemon zest

optional:

1/2 c fresh or frozen blueberries

preparation:

Combine all ingredients in blender and whirl until smooth. Spoon into serving glass and garnish with lemon zest, if desired.

optional—for Blueberry-Lemon lift, add 1/2 cup fresh or frozen blueberries before blending.

To make milk 'ice' cubes: fill a clean ice-cube tray with non-fat or lowfat milk and freeze 3 hours, or until solid. Crack cubes before blending by placing in heavy-duty plastic bag and crush with mallet or rolling pin. Use them in blended dairy drinks and smoothies instead of ice cubes made with water. Extra cubes can be stored in a plastic zipper bag.

ZOITM
GREEK YOGURT