This fruity, protein-packed smoothie is sure to help you recharge and boost energy levels.

**Yield:** 3 (8-ounce) servings (24 ounces)

**Time:** Preparation: 10 minutes

**WIC INGREDIENTS**
- Frozen blueberries
- Frozen peaches
- Low-fat milk
- Vanilla yogurt

**OTHER INGREDIENTS**
- Honey
- Ice cubes

**EQUIPMENT LIST**
- Blender
- Measuring cups
- Measuring spoons
**INGREDIENTS**

» 8 ounces vanilla yogurt  
» 3/4 cup frozen blueberries  
» 3/4 cup frozen peaches  
» 1/2 cup low-fat milk  
» 2 tablespoons honey  
» 1 cup ice cubes

**DIRECTIONS**

Combine yogurt, fruit, milk, honey and ice in a blender.

Blend until smooth and frothy.

Serve in a chilled glass immediately.