



Lemon Pick-Me-Up

Refuel and refresh after a workout or a long day at the office with this thirst-quenching treat. Fat free plain yogurt is a bargain for weight watchers – low in calories yet one of the richest sources of calcium. Try the blueberry variation for great flavor and good nutrition.

- 3 milk ice-cubes, cracked (see “To make milk ice cubes” below)
- 1 container (6-ounce) plain fat free yogurt
- 2 tablespoons granulated sugar
- 1 teaspoon fresh lemon juice
- ½ teaspoon finely grated lemon zest (yellow part of peel only)
- Additional lemon zest for garnish (optional)

1. Make milk ice cubes (see “To make milk ice cubes” below).
2. Combine all ingredients in electric blender container. Whirl until smooth. Spoon into serving glass and garnish with lemon zest, if desired.

Prep time: 5 minutes • Cook time: 0 • Makes: 1 serving

To make milk ice cubes:

Fill an ice-cube tray with milk (about 1 to 1½ cups for the whole tray). Freeze 3 hours or until solid. If cubes are difficult to release from tray, thaw slightly at room temperature or dip tray in large pan of hot water. To crack cubes, place cubes in heavy-duty plastic bag; seal bag. Crush with mallet or rolling pin. (If you have an electric blender with a strong motor, crushing the cubes may not be necessary.) Use in blended dairy drinks instead of ice cubes made with water. Extra cubes can be stored in a plastic zipper bag.

Variation:

Blueberry-Lemon

Lift: Add ½ cup fresh or frozen blueberries for gorgeous color and texture.

Cook's Tips:

- Make the milk ice cubes ahead of time so you always have some on hand.
- Use a citrus zester or fine grater to remove the zest from the lemon.

Tester's Comment:

“The blueberry version was great, great, great!”

Nutrients per serving:

Calories	210
Protein	11 g
Total Fat	0 g
(Saturated Fat	0 g)
Carbohydrate	43 g
Calcium	361 mg
Cholesterol	4 mg
Fiber	0 g
Sodium	171 mg

