

Pick a better snack (How easy is that!)

Kids love this scrumptious, good-for-you shake!

3 cups cubed cantaloupe or other fruit

1 (8 ounce) carton vanilla low-fat or non-fat yogurt

2 tablespoons sugar

1/8 teaspoon ground nutmeg

1 cup crushed ice or cubes

Place fruit in blender; cover and process until smooth.

Add yogurt, sugar and nutmeg; cover and process 30 seconds.

Add ice; cover and process until smooth.

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