

Sweet Fig Smoothie

Yield: about 3 cups

Ingredients

1 cup ice cubes

$\frac{3}{4}$ cup plain greek yogurt

$\frac{1}{2}$ cup milk

1 $\frac{1}{2}$ tablespoons honey

1 tablespoon fresh orange juice

6 large ripe fresh figs (any variety),



Preparation

Place all ingredients in a blender, process 1 minute or until completely smooth.

Divide mixture evenly among 3 glasses.

