

## Citrus Smoothie

Smoothies can be a no-mess way to get in vital nutrients that you may be lacking in your everyday diet, like vitamin C and calcium. They are superfast to whip up and the creamy texture can help fight cravings for sweets and frozen treats.

*Serves 2*

### Ingredients

- 1 cup low-fat kefir (any flavor) or vanilla low-fat yogurt
- 1 cup pink grapefruit sections
- 1 cup orange sections
- 1 tablespoon agave
- 2 sprigs of fresh mint

### Directions

Combine all ingredients in a blender or food processor. Blend until smooth and pour over ice. Serve with a sprig of mint if using.

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As a private chef and recipe developer, Jennifer Iserloh - also known as Skinny Chef - has created hundreds of nutrition-packed dishes for families including top celebrities and well known health focused publications. Her food philosophy is absolutely simple: Cook nourishing meals, find an exercise routine that works and go ahead, enjoy the things you love. Find out more at [SkinnyChef.com](http://SkinnyChef.com)!