



Sparkle Kitchen

Monarch Butterfly Smoothies

(makes about 2, 16-ounce smoothies)

Ingredients

5 clementines, peeled and sectioned (about 2 cups)

1 tablespoon vanilla

1 cup Greek yogurt

About 2 cups ice

2 tablespoons honey, as needed

Directions

Blend the clementines, vanilla, and yogurt in the pitcher of a sturdy blender. Add ice cubes one or two at a time, until the smoothie reaches your favorite slushy consistency.

Then, give it a quick taste. If your fruit was very sweet to begin with, you might not need to add sweetener at all, but if the mixture is a little pucker-y, blend in a few tablespoons of honey to mellow it out.

Serve in a big glass with a straw or spoon.

Enjoy!