**Recipe**

*Ingredients:*
- ¼ cup ripe cantaloupe
- ½ cup nonfat or low-fat yogurt
- 1 banana
- 2 Tablespoons nonfat dry milk
- 1 ½ tablespoons frozen orange juice
- 2 teaspoons honey
- ½ teaspoon vanilla extract

*Directions:*
1. Wash hands with warm, soapy water.
2. Blend all ingredients in blender until smooth.

*Yield 2 servings*