

Fruit and yogurt shake

Ingredients

- 1 cup frozen sweet cherries
- 1 cup plain yogurt
- 1 cup pomegranate cherry juice (such as pom)
- 1 (8-ounce) can crushed pineapple in juice, drained
- 1 banana, peeled and sliced crosswise

Preparation

Place all ingredients in a blender; puree until smooth.

Yogurt-Dill Dressing

- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 1 teaspoon dried dill weed
- 2 cloves minced garlic
- 1/4 teaspoon cayenne pepper
- 1/4 cup lemon juice
- 1/2 teaspoon cumin

Combine all ingredients. Chill until ready to serve.