

Refreshing Almond Yogurt Shake

Unlike thick smoothies, this shake really quenches your thirst and would be perfect after a brisk walk or more strenuous workout. Be aware that the almonds tend to sink to the bottom of the glass, so plan to eat your shake when you're done drinking it.

Serves 2 as a beverage or 1 as a meal (Makes 16 ounces)

1 cup skim milk

1/2 cup plain nonfat yogurt

scant 1/2 cup dry-roasted, unsalted almonds (preferably with the skin)

1/4 teaspoon almond extract

3 teaspoons honey or sweetener of choice, or to taste

3 ice cubes

Combine all ingredients in a blender and process until ice and almonds are completely pulverized. Eat/drink.