



## MIRALAX SMOOTHIE

### INGREDIENTS

- One scoop of Miralax-measuring scoop is the cap on the miralax container.
- One cup of plain or flavored yogurt
- Fruit – any kind
- Optional: Milk or Fruit Juice (such as orange juice) to thin out the mixture.

Add Miralax, yogurt, and fruit to a blender and blend to desired consistency. Add milk or fruit juice to make the smoothie less thick, if desired.