

Mixed Berry Smoothie



Ingredients

- 1 c strawberries
- ½ c blueberries
- ½ c raspberries (optional)
- 1 banana
- ½ c apple juice
- ½ c cranberry juice
- 1 c yogurt, plain
- Ice cubes or ice chips (optional)

Directions

1. In a blender, combine all ingredients; cover and process until smooth.
2. Pour into glasses; serve immediately.

Makes 2 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>