

Blackberry Smoothie

RECIPE LIGHTLY ADAPTED FROM platingsandpairings.com



Ingredients

1 ½ cup SWP frozen blackberries
1 cup SWP frozen pineapple chunks
1 cup plain non-fat Greek yogurt
1 cup milk of your choice
1 Tablespoon honey (optional)

Directions

Add all ingredients to a blender and process until smooth, adding more milk if it's too thick.

**You do not need to add ice because the fruit is frozen.