

Mixed Berry Smoothie

RECIPE LIGHTLY ADAPTED FROM DINNERATTHEZOO.COM



Ingredients

1 1/2 cups SWP Frozen Raspberries
1 1/2 cups SWP Frozen Blackberries
1 1/2 cups SWP Frozen Blueberries
1 Banana, peeled and diced
2 1/2 cups Greek Yogurt
2 cups Apple Juice

Directions

Assemble all ingredients into a blender of your choice and blend/puree until smooth. Serve cold.

****Note:** Because you are using frozen berries there is no need for ice.