

# BASIC BERRY SMOOTHIE

Serves 2 | 1 cup per serving



## INGREDIENTS

1 cup frozen berries, such as blueberries, raspberries or strawberries

1 small frozen banana, broken into pieces

1/2 cup nonfat, sugar-free vanilla yogurt

1/4 cup orange juice

## DIRECTIONS

1. Put all ingredients in a blender and blend until smooth.

Note: You can add some ice cubes if you like a little crunch!

Tip: To freeze bananas, first peel the banana, then wrap tightly in plastic wrap.

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