

Frozen Berry Smoothie

Yield: 2 servings

Ingredients

2 cups frozen berries
(blueberries, strawberries,
raspberries, etc.)
1 cup orange juice
1 cup low-fat yogurt, plain
1 banana, frozen

Instructions

1. Blend ingredients in a blender or food processor until smooth.
Add water as needed to reach desired consistency.

Nutrition Information

Serving Size: 16 oz

Calories: 250
Total Fat: 1 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Sodium: 95 mg
Total Carbohydrate: 53 g
Dietary Fiber: 7 g
Sugars: 37 g
Protein: 10 g

Source: Health Meets Food



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