

RECIPE

Berry Blast Smoothie

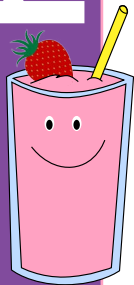
Start to Finish: 5 minutes Servings: 8

Ingredients:

2 cups blueberries
2 cups raspberries
2 cups strawberries
2 cups blackberries
1 cup cran-raspberry juice
1 cup low-fat blueberry yogurt
2 cups ice

Directions:

1. Place all ingredients into blender and blend until smooth.
Serve immediately.



Nutrition Information Per Serving:

100 Calories; 1 g Total Fat; 0 g Saturated Fat; 0 mg Cholesterol; 6 g Fiber; 20 mg Sodium;
25 g Carbohydrates; 15 g Sugar; 2 g Protein