

# RECIPE

## Merry Berry Smoothie

2 servings

### Ingredients

- 1 cup vanilla fat free Greek yogurt
- 1/2 cup orange juice
- 1/4 cup frozen blueberries
- 1/4 cup frozen strawberries
- 1/4 cup frozen blackberries

### Directions

1. Place all ingredients into a blender.
2. Puree until smooth.
3. Serve immediately, serving size is 8 oz.



CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
87	0	0	17	4	2	16