

# VERY BERRY

## Fruit Smoothie

### Ingredients

1/2 C MIXTURE OF FROZEN STRAWBERRIES AND BLUEBERRIES

1/2 BANANA

1/2 C APPLE JUICE

1/4 C PLAIN YOGURT

1 TSP HONEY

1/4 C ICE

### Directions

ADD ALL INGREDIENTS TO BLENDER. PULSE UNTIL SMOOTH. TO MAKE A THINNER SMOOTHIE, ADD MORE LIQUID, TO MAKE A THICKER SMOOTHIE, ADD LESS LIQUID OR MORE YOGURT.

Note: You can freeze the yogurt before you use it, and you would not need to use ice!

