

Berry Blast Smoothie

Description

A fresh treat for the heat!

Here is a wonderful recipe that takes advantage of the variety of berries grown on Oregon farms, and is an icy treat on hot summer days. Each serving of the "Berry Blast Smoothie" is only 100 calories and 1/2 gram of fat.

Ingredients

- 1 cup Blueberries
- 1 cup Strawberries
- 1 cup Raspberries
- 1 cup Blackberries
- 1 cup Ice
- 1/2 cup Cranberry-Raspberry Juice
- 1/2 cup Low-Fat Blueberry Yogurt

Instructions

Add all ingredients. Blend together. ENJOY!

Notes



Summary

Yield: 4

Source: Careoregon.org

Prep Time: 10 minutes

Category: Drinks

Cuisine: American

Tags: Smoothie, Berry