

MIXED BERRIES AND BANANA SMOOTHIE

Gluten Free, Higher Fiber, Lower Saturated Fat, Vegetarian

Serves: 8oz

Nutrition (per serving)

Calories: 170

Total Carbohydrate: 39

Total Fat: 1 g

Dietary Fiber: 6 g

Saturated Fat: 0.5 g

Protein: 4 g

Ingredients

1 cup frozen mixed berries

1/2 cup low fat vanilla yogurt

1 frozen banana

1/4 cup orange juice

1 tsp honey

Directions

Combine all ingredients together in a blender and puree until smooth.