

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.