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. Eash serving of the "Berry Blast Smoothie" is only 100 calories and 1/2 gram of fat.

Summary

Yield: 4
Source: Careoregon.org
Prep Time: 10 minutes
Category: Drinks
Cuisine: American
Tags: Smoothie, Berry

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