

TRIPLE BERRY SMOOTHIE

Serves: 2 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



INGREDIENTS

- 1 cup milk or unsweetened dairy-free beverage
- ½ cup plain Greek yogurt
- ¼ cup unsweetened blueberries (fresh or frozen)
- ¼ cup unsweetened raspberries (fresh or frozen)
- ¼ cup unsweetened strawberries (fresh or frozen)

INSTRUCTIONS

1. Combine all ingredients in a blender and blend until smooth.