



Simple Summer Superfood Smoothie

Makes 2 Servings



Nutrition Facts

Serving size: 8oz | Calories 87 | Protein 4g | Total Fat 0g | Saturated Fat 0g
Carbs 17g | Dietary Fiber 2g | Cholesterol 0mg | Sodium 16mg

Ingredients

- ☐ 1 cup vanilla fat free Greek yogurt
- ☐ ½ cup orange juice
- ☐ ¼ cup frozen blueberries
- ☐ ¼ cup frozen strawberries
- ☐ ¼ cup frozen blackberries

Directions

Place all ingredients into a blender and puree until smooth. Serve immediately.

Nutrition Highlights

- Avoid using canned fruit that is packed in heavy syrup; fresh or frozen fresh fruit is best.
- Greek yogurt contains less sodium and higher protein than its regular yogurt counterpart.
- Berries are a great source of fiber.
- One cup of blueberries provides 1/3 of the daily recommended amount of vitamin C, 4g of fiber and only 80 calories.
- Blueberries, strawberries, raspberries, and blackberries contain dozens of antioxidants, which help prevent “rusting” or oxidative processes in the body.

Chef Tips

- Freeze fresh fruit in ¼ cup servings (use a snack-sized bag) for easy portion control and blending.
- Frozen bagged fruit can easily be substituted for fresh fruit.
- Stock up on berries during the summer season and freeze them to enjoy berries year round.