

Smoothie Combo

Berry Blast Smoothie

Ingredients

1/2 cup raspberries
1/2 cup strawberries
1/2 cup blackberries
1 cup low-fat yogurt (some type of berry yogurt would be best, but plain is fine too)
1/4 cup low-fat milk or 1/2 cup fat-free milk
2 cups of ice

Directions

Combine all ingredients in a blender and mix until smooth enough to pour.

Sweet Veggie Smoothie

Ingredients

1 cup apple juice
1 cup of sliced apple (sweet tasting apples are better)
1/4 cup applesauce
1/2 cup sliced carrots
1/2 cup of cucumber (peeled and sliced)
2 cups of ice
A dash of nutmeg or cinnamon (optional)

Directions

Combine all ingredients in a blender and mix until smooth enough to pour.