

SERIOUS BERRY FRUIT SMOOTHIES

Chef Brad Everett, Kirkland, WA

4 – (4 O.Z.) SERVINGS



ingredients:

- 1 6 o.z. cup Yoplait Light Yogurt —
Red Raspberry
- ¼ cup 2% Reduced Fat Milk
- 1 cup cranberry (Ocean Spray) juice
- 1 cup fresh or frozen blueberries, raspberries,
or strawberries
- ¼ cup ice — cubes or crushed

process:

Add berries, ice, juice, milk, and yogurt to a blender. Turn blender to lowest setting (for a few seconds), then on the highest setting (for 15-20 seconds).

Pour smoothies into cups and enjoy!

chef's tip: *Yogurt helps increase the absorption of certain nutrients and vitamins including Vitamin B and calcium.*

