

## **Mixed Berry Smoothie**

### **Ingredients**

- 1-cup strawberry or raspberry low-fat yogurt
- 1-cup skim milk
- 1 tbsp. powdered sugar
- 14 to 16 oz fresh mixed berries, you may substitute
- slightly thawed frozen fruit if fresh is not in season

### **Preparation**

- Place yogurt, milk and powdered sugar in blender. Cover and blend on high until smooth.
- Add half the mixed berries. Cover and blend on high for approximately 1 minute. Add remaining berries. Cover and blend on high approximately 1 minute, adding additional milk if necessary, until smooth.
- Garnish with fresh fruit.
- *Vanilla or plain yogurt or soy milk can be used instead of strawberry or raspberry.*

**Serves 3**

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