

Beverages

Berry Blue Smoothie

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Servings: 1

Start to Finish Time: 5 minutes

1/2 cup fresh or frozen strawberries

1/2 cup fresh or frozen blackberries

1/4 cup fresh baby spinach leaves

1/4 cup nonfat vanilla Greek yogurt

3/4 cup skim milk

1 tablespoon honey

In a blender, combine all of the ingredients.

Blend until smooth.

Serve immediately.

Per Serving (excluding unknown items): 129 Calories; trace Fat (2.2% calories from fat); 6g Protein; 26g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 95mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 Other Carbohydrates.