
Berry Smoothies

Mary Ann frechette

Nettles Island Cooking in Paradise - 2014

2 cups cranberry juice

4 cups frozen strawberries

2 cups frozen raspberries

2 containers (6 ounce ea) blackberry yogurt

In a blender, combine the cranberry juice with the strawberries. Add the raspberries and yogurt to the blender. Process until smooth.

Pour into tall glasses.

(As an option, add a banana.)

Beverages

Per Serving (excluding unknown items): 1084 Calories; 2g Fat (1.4% calories from fat); 5g Protein; 287g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 19 Fruit.