

Beverages

Blackberry Smoothies

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Servings: 4

1 cup orange juice

1 cup plain yogurt

2 tablespoons honey

1 1/2 cups fresh or frozen blackberries

1/2 cup frozen unsweetened mixed berries

fresh blackberries (for garnish, if desired)

plain yogurt (for garnish, if desired)

In a blender, combine the orange juice, yogurt, honey, blackberries and mixed berries.

Cover and process until smooth.

Pour into chilled glasses.

If desired, top with fresh blueberries and yogurt.

Per Serving (excluding unknown items): 98 Calories; 2g Fat (18.7% calories from fat); 3g Protein; 18g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 29mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.