



Mixed Berry Smoothie

★★★★★

This easy mixed berry smoothie recipe is fast, healthy and delicious!

Course Drinks
Cuisine American

Prep Time 5 minutes

Cook Time 1 minute

Total Time 6 minutes

Servings 8

Calories 221kcal

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Ingredients

- 6 cups apple juice can also use almond milk, skim milk, coconut milk or other flavor of juice
- 4 banana sliced
- 6 cups frozen mixed berries
- 3 cup vanilla Greek yogurt
- 4 tablespoon honey optional
- Optional garnish: fresh berries and mint sprigs

Instructions

1. Place the apple juice, banana, berries and yogurt in a blender; blend until smooth. If the smoothie seems too thick, add a little more liquid (1/4 cup).
2. Taste and add honey if desired. Pour into two glasses and garnish with fresh berries and mint sprigs if desired.

Nutrition

Calories: 221kcal | Carbohydrates: 52g | Protein: 6g | Fat: 1g | Cholesterol: 2mg | Sodium: 60mg | Fiber: 4g | Sugar: 41g