



Mixed Berry Smoothie

Servings: 2

- 1 1/2 cups fresh or frozen mixed berries
- 3/4 cups skim milk
- 1/8 cups non fat plain yogurt
- 2 TBS orange juice, fresh squeezed
- Skinnygirl Sweetener to taste
- 1 TBS Flax Seed *(optional)*

Instructions:

- Combine all ingredients in blender, blend until smooth.
- Pour into glasses and serve cold.

Tip: Can be made into frozen pops for kids.

