

Berry Fun Smoothie

Culinary Medicine, Nutrition Services

Yield: 2 cups

Equipment: blender, spatula

Ingredients

- 1 cup frozen berry mix
- 1 banana, peeled
- ½ cup Greek yogurt
- ¼ cup orange juice

Instructions

1. Place all ingredients in a blender and blend until smooth.



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Why We Like This Recipe

Just blend all the ingredients together until smooth, and you have a quick, nutritious drink.

Chef's Notes:

- The sweetness of the banana and orange juice complements the tartness of the berries and the creaminess of the yogurt.

Nutrition Notes:

- The frozen berry mix provides antioxidants, the banana adds potassium and fiber, Greek yogurt offers protein and probiotics, and orange juice gives a boost of vitamin C.

Gardener's Notes:

- In northern climates we have to wait much longer for our berries to be ripe. When they are, stock up in bulk, berries freeze very well. Make your own bag of frozen mixed berries with strawberries, black raspberries, blueberries, and blackberries—even some red or black currants! Then you can enjoy the taste of summer year-round.



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