

Frozen Berry Bliss Smoothie

Ingredients:

- 2 cups frozen mixed berries (strawberries, blackberries, raspberries, blueberries)
- ¼ c. cranberry juice (all natural – NO added sweeteners)

*These are the ingredients we use. Try adding different types of fruits, Greek yogurt, and changing the juice flavors. We've tried pineapple juice, cranberry pomegranate, cranberry grape, and others. They're all delicious!



Preparation:

1. Puree ingredients in blender until smooth!
2. Enjoy!

*Hint: If you're having a hard time getting the blender to puree the frozen fruits, add a bit more juice.