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berry smoothies

Use berries to make smoothies this summer.
The flavor will be fresh and yummy.
And they're easy to make **with just 3 ingredients!**

Blueberry Blast:

Blend 1 cup vanilla yogurt, 1 cup blueberries and 1 cup of ice together.

Strawberry Swirl:

Blend 1 cup vanilla yogurt, 1 cup strawberries and 1 cup of ice together.

Yogurt - a great source of calcium and protein.

Strawberries and blueberries -
add a lot of vitamins and nutrition.



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