

# MIXED BERRY SMOOTHIE



SERVES  
2



PREP  
5 mins

## INGREDIENTS

1 ½ cups Apple Juice  
1 Banana, sliced  
1 ½ cups Frozen Mixed Berries  
¾ cup Vanilla Greek Yogurt  
1 tablespoon Honey (optional)  
Fresh Berries or Mint Springs for garnish (optional)

## INSTRUCTIONS

1. Combine the apple juice, banana, berries, and yogurt in a blender.
2. Blend until smooth. If the consistency is too thick, add a ¼ cup more liquid.
3. Taste and add honey if desired.
4. Pour into two glasses and garnish with fresh berries and mint sprigs.

### Notes:

- Change up the flavour! Substitute the apple juice with almond milk, skim milk, coconut milk, or your favourite fruit juice.

