

Berry Smoothie by Nancy MacBride

2 cups blackberries, blueberries or raspberries (red or black),
washed*

1 cup plain Greek yogurt

1 cup apple juice

1/4 cup honey

1 ripe banana

Combine all ingredients in a blender and process until smooth.

If desired, strain through a sieve and discard seeds. Serves 3.

*Sliced peaches may be used in place of berries. Reduce apple
juice to 3/4 cup.