

Berry Blast Smoothies

Yield: 5 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/woodland-theme-food-ideas-recipes>

Ingredients:

- 3 cups frozen berries mixed, raspberries, blueberries, blackberries
- 1 cup strawberries fresh, sliced
- 1 cup light vanilla yogurt
- 1 tablespoon sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups orange juice