

Three-Berry Smoothies

Yield: 2 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/tesco-blackberry-swiss-roll-recipe>

Ingredients:

- 6 strawberries hulled, halved and frozen
- 1/2 cup blackberries frozen
- 1/2 cup blueberries frozen, plus 6 berries for garnish
- 1 1/4 cups apricot nectar

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 35 grams
3. Fiber: 5 grams
4. Protein: 1 grams
5. Sodium: 5 milligrams
6. Sugar: 8 grams

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