

Triple Berry Smoothie

“Strawberries, raspberries and blackberries blended with yogurt and ice. This smoothie is low in calories, rich in vitamin C and loaded with cancer preventing flavonoids and phytochemicals”.

Servings: 2 • **Serving Size:** 1 cup • **Calories:** 68.4 • **Fat:** 0.4 g • **Protein:** 3.3 g • **Carb:** 12.9 g • **Fiber:** 3.1 g

INGREDIENTS :

- ✓ 1/2 cup blackberries and raspberries
- ✓ 5 medium strawberries
- ✓ 1 cup crushed ice
- ✓ 6 oz WW berries and cream nonfat yogurt



DIRECTIONS :

Put all ingredients in a blender and **blend** until smooth. **Serve** with a straw.

Found on: skinnytaste.com