

Creating the perfect smoothie



FROZEN MIXED BERRIES: YOU CAN USE BERRIES OF ANY KIND

BANANA: WHILE BANANA IS NOT A BERRY (NOPE!), IT'S THE PERFECT FRUIT FOR ADDING CREAMINESS TO THE BODY OF A SMOOTHIE.

GREEK YOGURT: GREEK YOGURT GIVES THIS RECIPE A PROTEIN BOOST AND HELPFUL PROBIOTICS, AND ADDS TO THAT CREAMY TEXTURE.



ICE: YOU'VE GOT TO THROW IN A LITTLE ICE FOR THE PERFECT SMOOTHIE TEXTURE. THIS MAKES IT FLUFFIER, IF THAT MAKES ANY SENSE.

MILK: USE EITHER STANDARD MILK OR NON-DAIRY MILK: WHATEVER YOU PREFER.

MAPLE SYRUP, HONEY OR AGAVE SYRUP: YOU DEFINITELY NEED SWEETNESS TO MAKE THE BERRY FLAVOR SING.



MIX TOGETHER AND ENJOY!