

Berry Smoothie

Ingredients

2 cups berries (or melon, peaches, bananas)
1½ cups of plain yogurt
2-4 tablespoons honey or sugar, to taste

Directions

Puree fruit in blender.
Add yogurt, milk and honey or sugar and blend well
(Peel bananas, break in chunks, and freeze to get a thicker consistency)



Berries are healthy because:

Rich in antioxidants - can help reduce
the negative effects of aging (like memory loss)

Excellent sources of fiber



Healthy Eating Active Living

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