

SMOOTH

A HEALTHY SMOOTHIE RECIPE

INGREDIENTS

1 cup fresh / frozen
berries

1/2 cup Fruit and
Berry Granola

2 cups yogurt

1 tsp Chia Seeds

1 tbsp Honey

Ice as needed

1 apple

DIRECTIONS

Blend the berries, yogurt, honey, apple, fruit and berry granola, and chia seeds in a blender until frothy.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.

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