

Berry Citrus Smoothie

¾ c. low fat vanilla yogurt
½ c. orange juice
5-6 strawberries, stems removed
1 c. blueberries, frozen
1 c. raspberries, frozen
1 banana, sliced
1-2 tsp. honey

Combine all of the ingredients in a blender and blend until mixed thoroughly. Enjoy!

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

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