

# BERRY SMOOTHIE

## NO TIME FOR BREAKFAST?

No problem, whip up this tasty smoothie. It will help jump start your energy for the day! Enjoy the yumminess of this smoothie on the GO. Plus, it is good for you!

## ALL YOU NEED:

- 1 c. sliced fresh strawberries
- 1 c. raspberries
- 1 tbsp. flaxseed meal
- 1/3 c. Hy-Vee vanilla low-fat yogurt
- 1 c, crushed ice



## ALL YOU DO:

1. Combine all ingredients in blender, blend until smooth.
2. May use more or less ice depending upon personal preference.

## NUTRITION FACTS PER SERVING: SERVES 1 (ABOUT 2-1/2 CUPS)

Nutrition Facts per serving: Calories: 220; Carbohydrate: 41 g; Dietary Fiber: 13 g;  
Fat: 5 g; Protein: 8g; Saturated Fat: 0.5g; Sodium: 65mg