

Very Berry Smoothie

This smoothie blend of berries, pineapple, and banana is refreshing any time of day.

Makes: 2 servings

Ingredients

- 1 banana
- 1 cup frozen strawberries
- 1 cup frozen raspberries
- 1 cup pineapple chunks
- 1 cup milk
- 1 ½ cups ice

Directions

1. Peel and slice the banana.
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze.

Note: Try adding 1 cup of spinach or kale.



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