

Mixed Berry Smoothie

**STUDENT
HEALTH
& WELLNESS**

Ingredients

1 frozen banana	1/2 cup plain Greek yogurt
1 cup frozen mixed berries	Honey or maple syrup, to
1 cup unsweetened milk of	taste (optional)
choice	



Makes 1 smoothie

Directions

1. Add ingredients into blender and blend for desired consistency
2. Enjoy!