

Very Berry Smoothie for Two



Ingredients

- 1/2 Banana – Sliced into 2-Inch Sections
- 1/2 cup of Dark Cherries
- 1/2 cup of Blueberries
- 1/2 cup of Strawberries
- 1 cup of Almond Milk or your favorite type of milk (regular milk, rice milk, etc.)
- 1/4 cup Yogurt – Greek Style that is Thick, Non-Flavored
- 2 Scoop of Sunshine in a Bag Vanilla Shake Mix

Note: You can use either Frozen or Fresh fruits. If using Frozen, you do not need Ice. If using Fresh, you can use 1 cup of the ice if you like.

Instruction

1. Put all the ingredients in order – Place the banana on the bottom, then cherries, blueberries, and strawberries. Then a large scoop of yogurt followed by Sunshine in Bag Vanilla Shake Mix. If you are adding ice add that now. Add the milk last. (By having the banana on the bottom, the beater blades cut it up and mix the soft ingredients faster in the blender. Then the frozen and more sold items mix down with the soft ingredients.)
2. Start the blender on a lower speed for a few seconds, about 15 seconds. Then turn the speed to high and mix until everything is smooth, about another 15 seconds. If you have a modern blender, just use the Smoothie function.
3. If the shake is too thick, then just add a little more milk. It is your shake, make it to the consistency that you enjoy.
4. Pour into your favorite glass and enjoy.