

Mixed Berry Smoothie

1 Serving

Ingredients

- ½ cup Pomegranate Juice
- 4 Basil Leaves
- ½ cup Ice Cubes
- ½ cup Vanilla Yogurt, Low Fat
- 1 cup Mixed Berries

Method

Place all ingredients into blender and puree until smooth.

Mango Colada Smoothie

1 Serving

Ingredients

- 1 tablespoon honey
- ¾ cup Pineapple, diced
- 1 cup Mango, chunks
- ½ cup Ice Cubes
- ½ cup Vanilla Yogurt, Low Fat

Method

Place all ingredients into blender and puree until smooth.



**EARTH
DAY**