**Mixed Berry Smoothie**

3 cups frozen, mixed berries (strawberries, blueberries, raspberries, and blackberries, or any mixture of these)

1 cup vanilla yogurt

½ cup milk (regular, almond, soy, etc.) or apple juice more or less depending on desired thickness

Add everything to a blender and blend until the ingredients are creamy and smooth.

If the smoothie is too thick, add more milk or juice, a little at a time.

Pour into glasses and serve immediately.

\*\*This recipe makes 2 to 3 smoothies depending on the serving size.

