Triple Berry Smoothie

(Serves 2)

Ingredients:
- 2 cups frozen mixed berries
- 1 cup orange juice
- 1 Banana
- 1/2 cup (4 oz.) 0% Vanilla Greek Yogurt
- 1 1/2 cups ice

Directions:
1. Combine all ingredients and blend until smooth.
2. Pour into glasses and serve!

Nutrition Information: Calories: 244, Total Fat: 0g, Saturated Fat: 0g, Carbohydrates: 48g, Fiber: 6.5g, Protein: 12.5g
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