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Blackberry Smoothie

You can use any fresh or frozen berry in this shake, it's easy to take to the office in a small insulated container.

- 2 cups fresh or frozen blackberries
- 1 cup plain fat-free yogurt
- 1 cup apple juice
- 1/4 cup honey
- 1 large ripe banana

Combine all ingredients in a blender; process until smooth. Strain blackberry mixture through a sieve; discard seeds.

Yield: 3 servings (1 1/2 cups)

Nutritional Information: Calories 265 (3% from fat); Fat 0.8g (sat 0.2g, mono 0.1g, poly 0.2g); Protein 5.7g; Cholesterol 2mg; Calcium 192mg; Sodium 62mg; FIBER 8.7g; Iron 1.2mg; Carbohydrate 63.2g

Cooking Light, October 1998