

## TRIPLE BERRY SMOOTHIE

1 bag of frozen mixed berries (16 oz)

1  $\frac{3}{4}$  c skim milk

$\frac{1}{2}$  c low fat vanilla yogurt

$\frac{1}{2}$  c **Emily G's Triple Berry Jam**



EMILY G'S™  
JAM OF LOVE

Combine all ingredients in blender and blend on high until smooth. Smoothies will be thick at first but will loosen up quickly once poured.

