

Berry Smoothie

This meal-in-a-glass smoothie is bursting with berries and orange juice, healthful sources of carbohydrate and powerful antioxidants. Getting plenty of antioxidant-rich foods makes sense for active people, since free radicals are produced any time the body's cells process oxygen.



1 ¼ cup fresh berries

¾ cup low-fat plain yogurt

½ cup orange juice

2 tablespoons nonfat dry milk

1 tablespoon toasted wheat germ

1 tablespoon honey

½ teaspoon vanilla extract

Blend until mixture is even

Source:

<http://www.facebook.com/pages/La-Sierra-Natural-Foods/304706346240910>