

Yogurt Berry Smoothie

Ingredients:

- ½ cup plain Greek yogurt, non or low-fat
- ½ banana
- 1 cup frozen mixed berries
- 4 dried apricot halves
- 1 Tbsp ground flax seed
- ½ cup water
- 4 ice cubes

Directions:

Add all ingredients to a blender. Puree until smooth. A high-speed blender works the best to create the "smoothest" of smoothies.