



Mixed Berry Smoothie

What a refreshing smoothie for the hot summer. Great after a workout!

Servings: 4 servings, about 1 cup each

- 2 cups cold milk
- 1 container (6 oz.) strawberry low-fat yogurt
- 1 pkg. (4-serving size) JELL-O Strawberry Flavor Gelatin
- 1 cup frozen mixed berries
- 2 biscuits large shredded wheat cereal, crumbled

PLACE all ingredients in blender; cover.

BLEND on high speed 15 sec. or until smooth.

SERVE immediately.

SUBSTITUTE Prepare as directed, using your favorite flavor of JELL-O Gelatin. Or substituting 1/2 cup honey-flavored multi-grain cereal flakes with oat clusters or 1/4 cup wheat and barley cereal nuggets for the large shredded wheat cereal.



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