

Berry and Mint Smoothie

1/2 C Raspberries

1/2 C Blueberries

1 C Greek Yogurt

1 T Honey

1 † Fresh Mint (chopped)

1/2 C Brewed and Chilled Raspberry tea

1/2 C Brewed and Chilled Blueberry tea

1/2 C Fresh Raspberries (for blending)

1/2 C Pureed Fresh Blueberries (stirred in after blending)

BLEND all ingredients except the pureed fresh blueberries until smooth.

STIR IN the pureed fresh blueberries after blending.