

## **Berry Good Smoothies**

- 1 TJ's Banana
- 3 cups TJ's Frozen Berry Medley
- 3-4 Ice Cubes
- 2 tbsp TJ's Blueberry Flax Meal
- ½ cup TJ's Orange Juice
- ¾ cup TJ's Vanilla Yogurt
- ½ tsp TJ's Honey (optional)

Place the banana, berries, ice cubes and flax into a blender. Pour in the juice, vanilla yogurt (and honey). Purée until smooth.– Enjoy.

Serves: 3-4

Cooking Time: 5 minutes

**TRADER JOE'S**