

## Blackberry Banana Smoothie



### Ingredients:

- 1 cup blackberries, fresh or frozen
- 1 banana, peeled
- 1/2 cup plain Greek yogurt

### Directions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Serve immediately.

Makes 2 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>