



Ingredients: 1 cup frozen yogurt, 1/2 cup strawberries, 1/2 cup raspberries, 1/2 cup blueberries, 1/4 cup honey, 1/4 cup lemon juice, 1/4 cup vanilla extract.

Instructions: Blend all ingredients in a blender until smooth. Serve immediately.

Yield: 4 servings  
Prep time: 5 minutes  
Cook time: 0 minutes  
Total time: 5 minutes

**Smoothy** is a delicious and healthy treat that can be enjoyed year-round.

It is made with 600g of frozen yogurt, 200g of strawberries, 100g of raspberries, and 250g of blueberries.