Citrus Berry Smoothie
Cheap, Fast and Healthy, April 23rd

Ingredients:
- 1 1/4 cups frozen berries
- 3/4 cup low-fat vanilla yogurt
- 1/2 cup orange juice
- 2 tablespoons nonfat dry milk
- 1 tablespoon honey
- ½ cup ice cubes

Directions:
1. Place berries, yogurt, orange juice, dry milk, ice and honey in a blender and blend until smooth.

Berry Blast Green Smoothie
Cheap, Fast and Healthy, April 23rd

Ingredients:
- smoothie
- 2 cups frozen berries
- 1 apple
- 3 cups raw baby spinach
- 2 cups of water

Directions:
1. Cut apple and remove core and stem. Blend together the apple pieces, frozen berries, and water for 30 seconds. Add the baby spinach and blend until smooth.

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