



Harley Pasternak's 50-Calorie Smoothie

Ingredients:

- Small amount of orange juice
- 2 tablespoons nonfat Greek yogurt (16 calories)
- 1/2 cup frozen mixed berries (35 calories)

Instructions:

- Squeeze a small amount of orange juice into a blender.
- Add nonfat Greek yogurt and mixed berries (frozen berries mean you won't need to add ice).
- Blend together and serve.
- (If smoothie does not blend easily, add more juice.)

Serves: 1

Total Calories: 50