

## Berry Pomegranate Smoothie

By Katie Goodman

➔ I love smoothies for breakfast or afternoon snacks in the summer. They're cool and full of great fruity flavors. While I definitely enjoy going to the smoothie shop occasionally (they do have a super duper blender that purees much better than mine), it does get expensive, and smoothies are really simple to make at home.

This is my take on a smoothie that our local smoothie shop makes. Packed with pomegranate juice and berries, it's definitely a healthy and refreshing treat. Greek yogurt adds a little bit of protein. If you'd like, add a half a banana as well, but it doesn't really need it.



### Ingredients

1 cup mixed berries (i.e. blackberries, raspberries, and blueberries)

$\frac{2}{3}$  cup pomegranate juice

$\frac{1}{3}$  cup plain or honey Greek yogurt

Ice, if desired, for a thicker smoothie

Mint (optional garnish)

Makes 1 large or 3 small smoothies

### Directions

**Step 1:** Combine the berries, juice, and yogurt in a small food processor or blender. Puree until very smooth.

**Step 2:** Add up to  $\frac{1}{2}$  cup of crushed ice if you would like a thicker smoothie. Puree until ice is incorporated into the smoothie.

**Step 3:** Garnish with additional berries and a mint leaf for a pretty presentation.

You can use this ratio as a guide to creating other smoothies: 1 cup fruit,  $\frac{2}{3}$  cup liquid, and  $\frac{1}{3}$  cup yogurt or sorbet.

