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## **Berry Smoothie** <sup>[1]</sup>

**Serves:** 8

### **Ingredients:**

1 cup strawberries, fresh

1 cup blueberries, fresh

1 cup 100% orange juice, frozen concentrate

2 cups water

4 cups ice

### **Instructions:**

1. Wash fresh berries.
2. Mix all ingredients in a blender and blend until smooth.

### **Nutrition Facts:**

**Serving size:** 1 cup

**Calories:** 20

**Fruits and Vegetables:** 1<sup>1</sup>/<sub>2</sub> cups

**Fat:** 1.5 g

**Fiber:** 1 g

**Sodium:** 5 mg

**Season:** Summer

**Source URL:** <https://extension.umass.edu/nutrition/recipes/berry-smoothie>

### **Links**

[1] <https://extension.umass.edu/nutrition/recipes/berry-smoothie>