

Mixed Berry Smoothie

Great for breakfast on the go!

INGREDIENTS:

- 1 Unflavored Juven® packet
- ¼ cup skim or 2% milk
- ½ cup nonfat strawberry yogurt
- 1 cup mixed berries or favorite type
- 2 tsp lemon juice
- 1 tbsp sugar or 1 tsp artificial sweetener, or to taste
- ½ cup ice cubes
- Fresh berries (optional)

NOTES:

Garnish with fresh berries.



Find more delicious recipes at
[JUVEN.COM/RECIPES](https://www.juven.com/recipes)

SERVINGS: 1



DIRECTIONS:

STEP 1

In a small bowl, whisk together the Juven and milk and pour into a blender.

STEP 2

Add the remaining ingredients and blend until smooth, adding additional ice if desired.

STEP 3

Garnish and serve.

Use Juven under medical supervision.