

Halle Recipes

Smoothies

SERVES

4 Servings

Ingredients

- 1/2 Bag- Frozen Berries
- 1 Cup- Milk (maybe more)
- 1/2 Cup- Sugar
- 2 Spoonfuls of juice concentrate
- 3 Cups Ice

Method

1. Combine: 1/2 bag- frozen berries. 1 Cup- milk (maybe more) 1/2 Cup- sugar. 2 spoonfuls of juice concentrate; BLEND.
 2. 3 Cups Ice.
-