

Morning Jump Start Smoothie

- 1 cup Strong Breakfast or other black tea, cold
- 1 cup Frozen blueberries, raspberries or strawberries
- 1/2 cup Cranberry, apple or other clear juice
- 1/4 cup Plain yogurt or silken tofu
- 1 tbsp Liquid honey

In blender or food processor combine tea, blueberries, cranberry juice, yogurt and honey, if using. Blend on high speed until smooth.

*Makes 2 (1 cup) servings.