End Of Summer Smoothies



Start off the morning right with our favorite End of Summer Smoothie. Featuring dark berries, yogurt, and just a touch of honey, this recipe is packed with powerful antioxidants, vitamins, and minerals. Your NESCO Blender fuses ingredients quickly for the perfect glass of fruity, frothy freshness. Optional: blend in a scoop of protein powder or flax meal.

Your Key Ingredient:

NESCO Blender

Grocery Ingredients:

2 bananas
1 apple, peeled and sliced
4 oz. blueberries
4 oz. raspberries
4 oz. blackberries

5 strawberries
1 cup Greek yogurt
2 Tbsp honey

Instructions:

1. Blend ingredients in your **NESCO® Blender**, on the smoothie setting until desired thickness is achieved.
2. Garnish with extra fruit and enjoy!