

Saskatoon Smoothie

- 1 cup Saskatoon berries
- 1 cup skim milk
- 1/2 cup plain yogurt
- 1 banana cut into chunks
- 1/2 cup crushed pineapple
- 1 Tbsp crushed flax seed



Combine all ingredients in a blender.
Process for 2 minutes or until smooth.
Serves 2.

TIP: To bring out the saskatoon flavour add a little almond flavouring or a dash of lemon juice to any saskatoon berry recipe.



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