

# Banana Berry Brain Freeze

## What You'll Need

4 cups fresh berries, such as strawberries and blueberries, frozen (or store-bought frozen berries)

1 ripe banana, peeled, sliced into small pieces and frozen

1/2 cup water

1/4 cup 100% fruit juice concentrate (like apple juice), kept frozen

Serves 6

## Let's Cook!

- 1 Place berries, bananas, water and juice concentrate in a blender or food processor and blend until completely smooth.
- 2 Serve immediately.

## Nutrition Facts

Serving Size (145g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 12g	
<b>Protein 1g</b>	
Vitamin A 2%	• Vitamin C 60%
Calcium 2%	• Iron 4%

