



Recipe from: [My Catholic Tradition](#)

Raspberry and Orange Smoothie

SERVES TWO TO THREE

1/2 cups fresh raspberries, chilled

1 cup plain yogurt, chilled

1 1/4 cups freshly squeezed orange Juice, chilled

1 tbsp fresh lemon or lime juice

Place the raspberries and yogurt in a food processor or blender.

Process for about 1 minute, until smooth and creamy.

Add the orange juice and the lemon or lime juice to the raspberry and yogurt mixture.

Process for about yogurt, 30 seconds, or until thoroughly combined.

Pour into tall glasses and serve immediately.

Variation:

For a super-chilled version, use frozen raspberries or a combination of frozen summer berries such as strawberries, redcurrants and blueberries instead of fresh. Blend until smooth.