



## Vibrant Orange Raspberry Smoothie

*This smoothie is super scrumptious! You'll love the zing of the orange combined with the tart cranberries and raspberries and tangy kefir. If you love tart flavours, add another ½ cup of cranberries. If you prefer sweet, add a drizzle of honey to your glass. Enjoy!*

**Prep Time:** 5 minutes **Makes:** 4 servings

### Ingredients:

- 1 medium orange
- 1 medium banana (frozen or fresh)
- 1 ½ cups (375 mL) frozen raspberries
- ½ cup (125 mL) frozen cranberries
- 2 cups (500 mL) milk (1% MF)
- ½ cup (125 mL) plain, Greek yogurt (2% MF)
- ½ cup (125 mL) kefir (1%) \*
- 2 tbsps (30 mL) ground flax
- 1 tsp (5 mL) vanilla

### How To Make:

Wash unpeeled orange well with water. Finely zest the orange, making sure not to get the white pith. Keep 2 teaspoons for the smoothie and freeze the rest (if there is any) in a small container. \*

Peel the orange and put orange segments into a blender. Add the banana, raspberries, cranberries, milk, yogurt, kefir, ground flax and vanilla along with 2 teaspoons of the orange zest. Puree in blender until smooth.

Pour into glasses and sip immediately!

\* Grated orange zest freezes but loses its flavour fairly quickly. Use it soon to brighten muffins, oatmeal or smoothies. No need to defrost.