


## Make a berry drink

 Use berries to make this summer drink. You can use raspberries, blueberries or strawberries. The berries can be fresh or frozen.

### You will need

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½ cup (125 mL) berries

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½ cup (125 mL) plain yogurt

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1 cup (250 mL) milk

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1 tbsp. (15 mL) honey

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### What to do

- 1** Clean the berries.
- 2** Blend the ingredients well.



- 3** Pour into a glass and enjoy.



*Recipe adapted from The Westcoast Reader • Photos: Corinna Ruhl*