

## Berry Frappe



### Ingredients:

- 1 cup blueberries
- 1 cup raspberries
- 1/2 cup orange juice (with pulp preferred)
- 20 ice cubes

### Directions:

1. Blend berries until smooth.
2. Add orange juice and ice cubes.
3. Blend until fully crushed. Serve cold.

Makes 2 Servings



**Tarrant County Public Health**

<http://health.tarrantcounty.com>