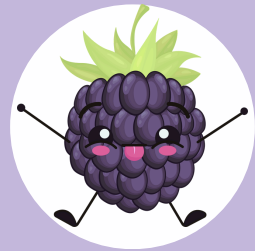


Wauwatosa Harvest of the Month

September Blackberry



Blackberry Smoothie

- 1 cup fresh blackberries (6 ounces)
- ½ medium banana
- ½ cup plain whole-milk Greek yogurt
- 1 tablespoon honey
- 1 ½ teaspoons fresh lemon juice
- 1 teaspoon finely chopped fresh ginger

Directions

Combine blackberries, banana, yogurt, honey, lemon juice and ginger in a blender. Cover and process until completely smooth, about 2 minutes. Serve immediately.



For more information call 414.479.8936 or visit www.wauwatosa.net/harvest