



BANANA BLACKBERRY CABERNET SMOOTHIE

- 3 Cups vanilla yogurt
- 1 Banana
- 2 Tbsp. **TSG Blackberry Cabernet Jam**™

Add ingredients to blender and mix

Serves 4

Tip 1: Add 1-2 cups of ice for a frozen smoothie.

Tip 2: For a frozen smoothie without the melting, use a frozen banana

Tip 3: Add your favorite protein powder to turn this from a snack into a meal