Ingredients

* 1 32 oz Low-Fat Vanilla Yogurt
* Orange Juice
* Spinach
* Seasonal Berries
* Honey

Procedure

1. Wash spinach and add to blender with a little bit of orange juice. Blend until the spinach is broken up and liquidy.
2. Add the berries, yogurt, and the rest of the orange juice. Blend.
3. Taste, and add honey a little bit at a time until you achieve a balance between sour and sweet.