



## January Weis Markets Dietitian Virtual Cook-Along

**January 19, 2022 @ 1 pm**

with Emily Bumgarner

### Cranberry-Berry Smoothie *with cranberry juice*

Just because it is winter doesn't mean we can't enjoy vibrant flavors. Join Weis Dietitian Emily to learn about seasonal produce. After learning about the produce items, Emily will show us how to make a Cranberry-Berry Smoothie.

#### Directions:

In a blender, combine the ingredients. Blend until well combined.

If you don't have a blender you can still make the smoothie with a bowl and spoon but be sure to get fresh fruit so you can easily mash into a smoothie. *If possible, have all ingredients prepared and measured in advance to save time.*

#### Ingredients:

- 1 each Banana
- 1 cup Frozen Raspberry
- Low Fat Yogurt
- 2/3 cup Cranberry Juice
- ½ cup Frozen Blueberries
- ½ cup Frozen Raspberries

*(servings for 2 people)*

Click this link to join: <https://zoom.us/j/92080918574?pwd=Wk9leERWMVNzZnJUMU53ZkcwZFdUZz09>

Passcode: 6ce0878836

#### Registration not required

Join on a computer or mobile app  
Attend as a group or individually  
Closed Caption not available

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