Lemon Freeze Smoothie

**Prep** | 5 MINUTES  
**Blend** | 5 MINUTES  
**Yield** | 1 SERVING

**Ingredients**
- Frozen strawberries
- Frozen blueberries
- Frozen blackberries
- Lemon sorbet or similarly flavored ice cream
- 2 teaspoons lemon juice
- 1/2–1 cup apple juice

**Directions**
1. Fill a 16-ounce cup with equal parts frozen strawberries, blueberries, and blackberries, leaving about 15% of the cup empty.
2. Top the fruit cup with a scoop of lemon sorbet or similarly flavored ice cream.
3. Add 2 teaspoons of lemon juice, and then fill the remainder of the cup with apple juice.
4. Dump the contents into a blender and mix until a smooth texture. (Add small chunks of ice if you didn’t freeze your berries beforehand.)
5. Pour the frozen blend back into your 16-ounce cup and enjoy!