

Berry Blue Smoothie

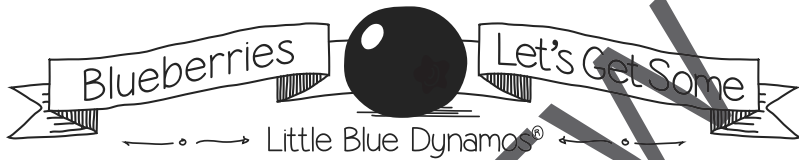
Recipe Name

Servings	Notes
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Ingredients

- 2 cups fresh or slightly thawed frozen blueberries
- 1 6-ounce container low-fat vanilla or other flavored yogurt
- 1 cup fruit juice, such as orange, pineapple or apple
- 1 tablespoon honey or sugar, more or less to taste





1. In the container of an electric blender, place blueberries, yogurt, juice and honey.
2. Whirl until smooth.
3. Serve immediately.

Directions

PREVIEW