



May 5- Blueberry Smoothies

Smart Snack

Link: <http://www.recipe.com/blueberry-smoothies/>

Recipe

Ingredients:

- 2 ½ cups chilled fresh blueberries or frozen blueberries, slightly thawed
- 1 ½ cups chilled pineapple-orange juice
- 1 6 ounce carton vanilla fat-free yogurt

Directions:

1. In a blender, combine 2 cups of the blueberries, the juice, and vanilla yogurt. Cover and blend about 1 minute or until almost smooth.
2. Pour immediately into glasses. Top individual servings with remaining ½ cup blueberries.

Yield 4 servings

Nutrition Facts

Serving Size 1 cup (226.9g)
Servings Per Container 4

Amount Per Serving

Calories 130 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 2g **9%**

Sugars 24g

Protein 3g **7%**

Vitamin A 6% • Vitamin C 50%

Calcium 6% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.