

Blueberry Smoothie



Ingredients	Measure	Directions
Vanilla Yogurt	6.25 G	1. Place blueberries in large blender and blend for 4 minutes or until smooth. 2. Add yogurt and honey to blender. Blend one (1) minute. 3. Portion into 12 oz. cups. Hold in chiller.
Clover Honey	4 oz.	
Blueberries, Frozen	18.75 #	

Serving Size	1 Serving Provides	Yield
1 serving = 12 fl. Oz.	1 full serving of fruit, 69 mg of Potassium	100 portions

Nutrients Per Serving		
Calories 53 kcal	Saturated Fat 0 g	Sugar 9.5 g
Protein 0.7 g	Cholesterol 0 mg	Calcium 3 mg
Carbohydrate 13.3 g	Vitamin A 0 IU	Sodium 1 mg
Total Fat 0.3 g	Vitamin C 2 mg	Dietary Fiber 2.1 g