

Berry Blue Smoothie

- 2c. slightly thawed frozen blueberries
- 1 6-ounce container low fat vanilla or other flavored yogurt
- 1 c. fruit juice (orange, pineapple or apple)
- 1 TBSP. honey or sugar, more or less to taste

In electric blender, place blueberry, yogurt, juice & honey.
Whirl until smooth, serve immediately.
Makes approx. 3 servings

Source: US Highbush Blueberry Council



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