

Blueberry Banana Smoothies

Ingredients (makes 4 servings)

- 1 cup Frozen blueberries
- 1 medium Banana (peeled)
- 1/2 cup Low-fat vanilla yogurt
- 2 cups Milk
- A few ice cubes
- Drizzle of honey (optional)

Directions

1. Put all ingredients into a blender and blend until smooth.
2. Divide into glasses. Enjoy!

Nutrition Information- Per serving

Calories	83	Total Sugars	12g	Sodium	49mg
Protein	4g	Total Fat	1g	Cholesterol	5mg
Carbohydrate	15g	Saturated Fat	.7g	Fiber	1g



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