

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

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



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply. An AA/EEO employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.