

Blueberry Smoothie

1 cup blueberries
½ cup 2% milk

1- 6 ounce container of plain or vanilla yogurt
Honey (optional)

In blender, place blueberries, milk, and yogurt. Cover; blend on high speed about one minute or until smooth. Sweeten to taste with honey. Pour into 2 glasses.

Serve immediately.

Nutrition: 1 serving: Calories 170, Total fat 2g, Fiber 3g, carbohydrates 31g, Protein 7g. Vitamin A 4%, Vitamin C 20% Calcium 25%

Colton Hemphill

Dairy

Junior Division