

# Blueberry Smoothie



Ingredients	Weight	Measure	Directions
Blueberries, Frozen Slightly Thawed Or Fresh Blueberries	2½ lbs	2 quart	1. For each serving: in the container of an electric blender combine 1 cup (5 oz.) of blueberries, ½ cup juice, ½ cup of Dannon® lowfat vanilla yogurt, 1 tsp. of sugar 2. Blend until smooth, approximately 1 minute. 3. Serve immediately in a tall glass garnish with blueberry skewers spiraled with a thin strip of orange peel.
Pineapple, Orange-strawberry Juice Blend Or Pineapple-orange Juice		1 quart	
Sugar		8 tsp	
Dannon® Natural Vanilla Yogurt	32 oz	1 quart	

Serving Size	1 Serving Provides	Yield
12 oz	1 Meat/Meat Alternate 1 cup Fruit Juice	8

Nutrients Per Serving		
Calories 288	Saturated Fat 1.4 g	Iron 0.6 mg
Protein 10 g	Cholesterol 2.7 mg	Calcium 318 mg
Carbohydrate 62 g	Vitamin A 183 IU	Sodium 118 mg
Total Fat 1.5 g	Vitamin C 10 mg	Dietary Fiber 5.6 g