



Creamy Blueberry Shake



INGREDIENTS

- 2 Cups fresh or frozen blueberries, washed and sorted
- 2 Small ripe bananas
- 1/4 Cup honey (or sweetener to taste)
- 2 Tablespoons lemon juice
- 1 1/2 Cup vanilla yogurt, nonfat
- 1 Cup vanilla frozen yogurt



Directions

1. Combine blueberries, bananas, honey, and lemon juice.
2. Puree on high speed in a blender.
3. Add yogurt and frozen yogurt and blend until thick and smooth.
4. Serve immediately in cold glasses.

Tip

1. To decrease sweetness, use plain nonfat yogurt instead of vanilla nonfat yogurt.



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