



Blues Buster Smoothie

Make 1 serving

Ingredients:

- 1 (6 oz.) container low-fat blueberry flavored yogurt
- ½ cup apple juice
- 1/3 cup fresh or frozen blueberries
- 1/3 cup frozen sliced peaches
- 3-4 ice cubes

Directions: Remember to wash your hands.

1. Blend all ingredients in a blender until smooth and creamy.
2. Pour into a glass and serve chilled.

Nutrition Facts per serving: Calories - 140; Fat - 7 g; Sodium - 330 mg; Carbohydrates - 13 g.

Source: www.midwestdairy.com/recipe/blues-buster-smoothie/

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