

Blueberry Banana Smoothie

INGREDIENTS

- 1 cup frozen blueberries
- 1 frozen banana
- ½ cup vanilla greek yogurt
- ½ - 1 cup low-fat milk
- 1 teaspoon honey, optional

PROCEDURE

1. Place all ingredients in a blender; blend until smooth, 3 to 4 minutes.

2 SERVINGS
5 MINUTES



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