



BLUEBERRY SMOOTHIE

Makes 2 Servings

Ingredients

- 1/2 cup fat-free or low-fat milk
- 1/2 cup nonfat plain yogurt
- 1 cup blueberries (frozen or fresh)
- 1 teaspoon honey*

*Tip: Spray spoon with nonstick cooking spray before measuring honey.

Directions

1. Put all ingredients in a blender and blend until smooth.
2. Serve immediately or refrigerate.

Nutrition Facts: Serving size 1 cup, Calories 100, Total Fat 1g, Sodium 80mg, Total Carbohydrate 19g, Dietary Fiber 2g, Protein 6g

What to look for

- Berries that are light blue to blue-black color with no tint of red
- Dry, plump and smooth-skinned berries (avoid soft, watery or moldy ones)
- Check container for stains or leaking (berries are past their prime)

How to store

- Remove crushed, dirty or moldy berries
- Refrigerate in the original container or a covered container or bowl
- Refrigerate unwashed, wash just before eating
- Eat within 2 weeks or freeze



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and under an agreement with the State of Tennessee.



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.