

Blueberry Smoothie



1/4 cup blueberries, frozen
1 Banana
8 oz Vanilla Yogurt, fat free
2 tbsp pineapple orange juice
6-10 ice cubes

Directions:

1. Place all ingredients in blender, and blend.

Approximate Nutritional Breakdown:

Servings: Two 8oz servings

Per serving: Calories 126, Protein 7g, Carbohydrates 26g, Fat 0g, Fiber 3.8g