

Making it delicious

Blueberry Yogurt Smoothie



Ingredients (serves 2)

- 1 cup frozen blueberries
- 1 cup plain yogurt
- 1 banana
- Milk or water to thin, if needed

Optional:

- Chia seeds (1 Tbsp.)
- Oats (1/4 cup)
- Spinach (a handful)
- Cinnamon (1/4 tsp.)
- Vanilla (1/4 tsp.)
- Honey (1 tsp.)



Instructions

- In a blender, add the blueberries, banana, and yogurt, plus any other ingredients you would like to use.
- Blend until smooth, adding milk or water as needed, a little at a time.
- If the mixture is not moving, turn off the blender and using a spatula to get rid of air pockets, then put the cover back on and continue blending. Repeat as needed.

SERVINGS: 2 | PREP TIME: 5 MIN