

## *Blue Wave Smoothie*



- 2 cups fresh or slightly thawed frozen blueberries
- 1 container (8 ounces) lowfat vanilla yogurt
- 1 can (6 ounces) unsweetened pineapple juice
- 3 tablespoons honey
- 1-1/2 cups ice cubes (about 16 cubes)

In the container of an electric blender container, place blueberries, yogurt, milk, pineapple juice and honey; whirl until smooth. Add ice cubes, a few at a time, whirl until finely crushed. Serve immediately.

Yield: 4 portions about 5 cups

Per Serving: 200 calories, 5 grams protein, 3 grams fat, 40 grams carbohydrate

U.S. Highbush Blueberry Council