

What's in Season...



BLUEBERRY PIE SMOOTHIE

INGREDIENTS

1 cup fresh blueberries
Half of a frozen banana
4-8 oz of milk
1/2 cup Greek yogurt
1 tsp cinnamon

NUTRITION FACTS

Calories: 145 kcals
Protein: 9.3 g
Carbs: 25.7 g
Fat: 1.8 g

DIRECTIONS

1. Add blueberries, frozen banana, 4 oz of milk, Greek yogurt, and cinnamon to a blender and blend well.
2. Add more milk and blend until the smoothie is to your desired thickness.

CALORIE CONSIDERATIONS

You can make this higher calories by using whole milk or lower calories by using fat free/skim milk