

Blueberry Smoothie by Lynn's Recipes



Lynn demonstrates how to make a delicious, refreshing and healthy Blueberry Smoothie.

Ingredients:

- ½ cup plain non-fat Green Yogurt
- ½ cup ice
- 1 cup fresh blueberries
- 2 Tablespoons honey
- 1/8 teaspoon vanilla

Blend all of the above in blender. Serve. Garnish with extra blueberries, if desired.

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