Louisiana HARVEST of the MONTH

Blueberry Orange Smoothie

Home Recipe

Serves: 4
Prep Time: 5 minutes

Ingredients

- 2 cups of frozen blueberries
- 1 cup of orange juice
- 1 cup of low-fat, plain yogurt
- 1 Tbsp of honey or sugar
- 1/2 cup ice, optional

*Note: To freeze fresh blueberries, spread on a baking tray and freeze for 1 hour

Instructions

1) Combine frozen blueberries, orange juice, yogurt, honey, and ice, if using, in a blender. Blend until smooth.

Nutrition Facts

4 Servings Per Container

Serving Size	**6 fl. oz. (194mL)**
Amount Per Serving	
Calories	**120**
	% Daily Value *
Total Fat 1g	**1%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 45mg	**2%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 3g	**11%**
Total Sugars 14g	
Includes 4g Added Sugars	**9%**
Protein 3g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.6mg	4%
Potassium 310mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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