

Blueberry Blast



Recipe 1

1 cup blueberry yogurt, frozen*
1 cup frozen blueberries
3/4 cup milk
4 tablespoons lemonade



Recipe 2

2 cups blueberries
1 cup raspberries
1 cup milk
1 cup low-fat vanilla yogurt

Measure ingredients and place in blender. Blend until smooth.

***Smoothie Tip:** Purchase yogurt ahead of time from dairy case. Scoop into Ziploc bags and freeze. Using yogurt that is frozen helps keep smoothie cold and maintain texture.

Provided by the Brown County Dairy Promotion Committee
<http://browncountydairypromotions.com/>