

Blueberry Banana Smoothie

2 Servings • 1 Serving = 3/4 Cup

Tips on Blueberry



How To Store

Store fresh in their original container or a shallow bowl in the refrigerator. Rinse only just before eating to prevent mold.



How To Use

Eat fresh as a snack, add to smoothies, oatmeal, yogurt, or salads. Use in baking in muffins. Pairs well with lemon, vanilla, and nuts.



Health Benefits

Packed with antioxidants (especially anthocyanins) that support brain health, improve memory.

INGREDIENTS

- 1 medium ripe banana
- ½ cup Greek yogurt
- ½ teaspoon vanilla extract
- 1 cup fresh or frozen blueberries
- 4 Tablespoons water

DIRECTIONS

- Add all ingredients into a blender and blend until smooth.
- If using frozen blueberries, and additional water to thin out to desired consistency.

Nutrition Facts	
2 servings per container	
Serving size	3/4 cup (178g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 25mg	1%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 18g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 0mg	0%
Potassium 276mg	6%
<small>*The % Daily Value 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.</small>	



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