



## **Creamy Blueberry Shake**

Makes 4 servings | Serving size: 8 ounces

Ingredients Needed:

- 2 cups fresh or frozen blueberries, washed and sorted
- 2 small, ripe bananas
- 1/4 cup honey (or sweetener to taste)
- 2 tablespoons lemon juice
- 1½ cup vanilla yogurt, nonfat
- 1 cup vanilla frozen yogurt

Directions:

1. Combine blueberries, bananas, honey, and lemon juice. Puree on high speed in a blender. Add yogurt and frozen yogurt and blend until thick and smooth.
2. Serve immediately in cold glasses.

Tip:

To decrease sweetness, use plain instead of vanilla nonfat yogurt.

The University of Maine is an EEO/AA employer and does not discriminate on the grounds of race, color, religion, sex, sexual orientation, transgender status, gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity, 101 North Stevens Hall, University of Maine, Orono, ME 04469-5754, 207.581.1226, TTY 711 (Maine Relay System).