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
- 1 1/2 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.
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