




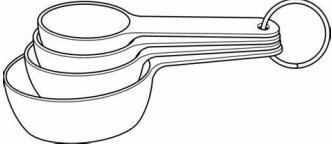

Wild Blueberry Smoothie

Serves 4

Nutrients Per 1 cup serving:

120 Calories | 0g Fat (0g Saturated) | 31g Carbohydrates | 6g Added Sugar | 1g Protein | 0mg Sodium | 3g Fiber

Equipment Needed

 <p>Blender</p>	 <p>Liquid measuring cup</p>	 <p>Rubber spatula</p>	 <p>Measuring cups</p>
 <p>Kitchen shears</p>			

Ingredients Needed

Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

 <p>1 cup liquid of choice; milk, water, oat milk, etc.</p>	 <p>1 cup frozen blueberries</p>	 <p>4-8 chunks of frozen mangos</p>	 <p>4-8 chunks frozen pineapple</p>
 <p>2 bananas broken up</p>			

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



Add liquid to the blender.

3



Add all the fruit to the blender. Blend until smooth.

4



Enjoy!