

# Recipe of the Month

MAY



## Florida Blueberry Smoothie

### INGREDIENTS:

- 1 cup Florida Blueberries
- 1/2 Banana
- 1 teaspoon Lemon Juice
- 1 cup Liquid (Water, Juice, Milk, or Dairy-Free Milk)
- 1/2 cup Low-Fat Vanilla or Plain Yogurt
- Several Ice Cubes

Place all ingredients in a blender and blend until smooth. Serve immediately.

**FRESH TIP:** Fruits and vegetables can be prepared in advance and frozen in individual freezer-safe bags. Skip the ice cubes when using frozen ingredients.



*Enjoy!*