



## Blues Buster Smoothie

**Serves:** 1

**Prep Time:** 5 minutes

**Ingredients:**

1 6-ounce container low-fat blueberry flavored yogurt

½ cup apple juice

2/3 cup fresh or frozen blueberries

3-4 ice cubes

**Preparation:**

Combine all ingredients in a blender; blend until smooth and creamy. Pour into glass and enjoy.

### Nutritional Facts:

*Nutritional Facts Per Serving:*

Calories:	320
Total Fat:	3g
Saturated Fat:	1g
Cholesterol:	10mg
Sodium:	220mg
Carbohydrates:	66g
Dietary Fiber:	4g
Protein:	10g
Calcium	30% Daily Value

Cost/recipe:

**\$2.13**

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**BANK  
ON THE  
BASICS**

[www.dairymakesense.com](http://www.dairymakesense.com)

