



BLUES BUSTER SMOOTHIE

This fruity, protein-packed smoothie is sure to help you recharge and boost energy levels.

Yield: 3 (8- ounce) servings
(24 ounces)

Time: Preparation: 10 minutes

EQUIPMENT LIST

- » Blender
- » Measuring cups
- » Measuring spoons

WIC INGREDIENTS

- » Frozen blueberries
- » Frozen peaches
- » Low-fat milk
- » Vanilla yogurt

OTHER INGREDIENTS

- » Honey
- » Ice cubes

BLUES BUSTER SMOOTHIE

INGREDIENTS

- » 8 ounces vanilla yogurt
- » 3/4 cup frozen blueberries
- » 3/4 cup frozen peaches
- » 1/2 cup low-fat milk
- » 2 tablespoons honey
- » 1 cup ice cubes

DIRECTIONS

Combine yogurt, fruit, milk, honey and ice in a blender.

Blend until smooth and frothy.

Serve in a chilled glass immediately.

Blues Buster Smoothie	
Nutrition Facts	
Serving Size 8 oz. (284g)	
Amount Per Serving	
Calories 170	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 60mg	3%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	4%
Sugars 31g	
Protein 4g	
Vitamin A	15%
Vitamin C	80%
Calcium	15%
Iron	2%

*Percent Daily Values are assessed on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4