

# Perfect Plum Smoothie

Yield: 7 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sour-plum-drink-recipe>

## Ingredients:

- 5 ounces greek yogurt low fat vanilla
- 1 cup frozen blueberries
- 5 prunes Sunsweet® Dried
- 8 ounces plum Sunsweet® Light, Smart Juice
- 8 ice cubes

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 5 milligrams
4. Fat: 0.5 grams
5. Fiber: 1 grams
6. Protein: 1 grams
7. Sodium: 10 milligrams
8. Sugar: 9 grams

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