

Blueberry Yogurt Smoothie

Yield: 1 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-fruit-tray-recipes>

Ingredients:

- 1 cup yogurt Plain, Unflavored
- 1 cup fruit your Choice - Blueberries, Peaches, Pineapple, Etc
- 1/4 cup milk
- 1 dash honey
- ice

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 30 milligrams
4. Fat: 7 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 140 milligrams
9. Sugar: 33 grams

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