



BLUEBERRY MAPLE SMOOTHIE

Substitute or combine your favorite fruits.

INGREDIENTS

- 1/3 c milk
- 1 c plain yogurt
- 1/2 c blueberries
- 1/4 c Sweet Autumn
- 1/2 c crushed ice

DIRECTIONS

- 1 Combine ingredients in blender.
- 2 Process until smooth.

YIELD *2 servings*