



BLUEBERRY BLAST SMOOTHIE

DIRECTIONS:

1. Place ingredients into a blender. Blend until smooth.
2. Additional ice and milk can be added to achieve the consistency you prefer.

YOU WILL NEED:

- 1 cup fresh blueberries, more can be added if you prefer more berries.
- 1 ripe banana
- ¼ cup milk
- handful of ice
- 1 teaspoon honey (optional)



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www.feedingthegulfcoast.org



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