

## Blueberry Smoothie

1 cup low-fat blueberry yogurt  
3/4 cup low-fat milk (1 cup if using optional banana)  
1 tablespoon maple syrup  
1/2 teaspoon ground cinnamon  
2 cups frozen blueberries  
1 frozen banana, sliced (optional)

1. Combine the yogurt, milk, syrup, and cinnamon in a blender.
2. Add the frozen blueberries and blend.
3. Add the sliced frozen banana and blend until smooth.

### **Makes 2 servings.**

*Per serving: (without the optional ingredients) 265 calories, 3.6 gm fat, 12 gm cholesterol, 52.7 gm carbohydrates, 4.1 gm fiber, 8.5 gm protein, 116 mg sodium, 492 mg potassium, 290 mg calcium, 0.7 mg iron, 387 i.u. vitamin A, 20 mg vitamin C.*

Source: My adaptation of a smoothie recipe in *Smoothies*, by Mary Corpening Barber, Sara Corpening, and Lori Lyn Narlock

Comments: This is our second favorite smoothie! I've been using this recipe for almost 10 years. I keep a supply of frozen blueberries in the freezer in zip-lock bags in the quantity called for by the recipe. I also keep frozen bananas in a zip-lock bag in the freezer; I peel the bananas before freezing, store them whole, and slice them just before mixing the smoothie.

Over the years, I have modified the original recipe by increasing the milk to 1 cup (I use nonfat milk) and adding the frozen banana. I have found that including frozen bananas makes our smoothies creamier and thicker, which we like.