



Know how. Know now.

Blues Buster Smoothie

Makes 2 servings

1 (6 ounce) container low-fat blueberry yogurt1/2 cup apple juice1/3 cup fresh or frozen blueberries1/3 cup frozen sliced peaches5-6 ice cubes

- 1. Place yogurt, apple juice, blueberries and peaches in blender.
- 2. Add ice cubes.
- 3. Blend ingredients until smooth.
- 4. Serve immediately.

