

# Blueberries and Cream Smoothie Recipe

Start your summer off right with this cool, creamy blueberry smoothie!

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2 servings | serving size: ½ of recipe

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh blueberries and spinach by rinsing under cold, running water. Prewashed, packaged items do not require further washing.

## Ingredients

- 1½ cups fresh blueberries
- 1 cup baby spinach
- 1 cup nonfat plain Greek yogurt
- 2 teaspoons honey
- ½ teaspoon vanilla extract
- 1 Tablespoon chia seeds
- ½ cup cold water
- 1 cup ice cubes

## Directions

1. In a blender, add all ingredients and blend until smooth.

Recipe adapted from [Joyfully Mad: Blueberry Greek Yogurt Smoothie](https://joyfullymad.com/blueberry-greek-yogurt-smoothie/)/(https://joyfullymad.com/blueberry-greek-yogurt-smoothie/)



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## Expertise

- Nutrition
  - Health & Wellness
  - Retail Food Safety
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