

Blueberry Peach Smoothie

Servings: 4-6

INGREDIENTS

2 cups Whole blueberries
1 cup Diced canned peaches
2 ½ cups Vanilla yogurt



METHOD

1. Combine all ingredients in a blender in this order: yogurt, peaches, blueberries.
2. Press start and slowly increase speed.
3. Blend until smooth, ~45 seconds.
4. Serve & enjoy!

Strawberry Banana Smoothie

Servings: 1



INGREDIENTS

- | | |
|---------|----------------|
| 2/3 cup | Strawberries |
| 2/3 cup | Sliced banana |
| 1/2 cup | Vanilla yogurt |

METHOD

1. Combine all ingredients in a blender until smooth (~45 seconds).
2. Serve & enjoy!

