

Pineapple Mint Blueberry Smoothie

A healthy way to start your day.



This Pineapple Mint Blueberry Smoothie is packed with antioxidants, fiber, manganese (important for bone development), and vitamin C (for immune health).

Ingredients (Makes serving 2 – 1 ¼ cup)

- 1 cup fat-free frozen vanilla yogurt
- 1 cup fresh blueberries
- ½ cup fat-free milk
- 1 tablespoon honey
- 2 ice cubes
- 2 tablespoons finely chopped mint (optional)

Directions

Place yogurt, blueberries, milk, mint, honey and ice cubes in blender container. Puree with on/off pulses about 30 seconds, or until mixture is thick and creamy. Pour into 2 glasses and garnish with mint.

Nutritional information Per serving

Calories 196

Fat .25 g

Cholesterol 6 mg

Sodium 92 mg

Carbohydrates 42.5 g

Fiber 2 g

Protein 6.5 g

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