

# BLUEBERRY SMOOTHIE



CANADA AGRICULTURE AND FOOD  
MUSEUM – MUSÉE DE L'AGRICULTURE  
ET DE L'ALIMENTATION DU CANADA

**Program**

Online

**Location:**

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Enjoy this creamy, blueberry smoothie for breakfast or a snack on a summer day!

## Ingredients

- 2 cups (500 mL) frozen blueberries
- 1 cup (250 mL) frozen mango chunks (or frozen pineapple or peach slices)
- 1 banana, fresh or frozen, cut into slices
- 1 cup (250 mL) orange juice
- 1 cup (250 mL) milk
- 1 cup (250 mL) vanilla yogurt

## Preparation

1. Add all of the ingredients to a blender, taking care to seal the lid tightly.
2. Blend on a high speed, until fully blended and smooth.
3. Pour into your favourite glass and serve.
4. Enjoy!

**Yield:** 5 regular glass-sized servings.