

General Smoothie Tips:

- If smoothie seems too thick, just add a bit of low-fat milk or water and blend again.
- Freeze over ripe bananas and use them to thicken your smoothies if you want a dairy free version.

Any smoothie can be made dairy free or sugar free. Use water to add to protein powder and fruit for a dairy free smoothie.

Ice cubes added to the blender with the other ingredients will give you a thick, icy cold smoothie.

A tip for diabetics - Obviously diabetics have to watch the amount of fruit they eat/drink. I suggest NOT using fruit juice to thin the smoothie...use yogurt and/or water.

Blueberry Smoothie

$\frac{1}{2}$ cup of 1 % milk or Vanilla Soy Beverage

1 cup of Vanilla Greek yogurt

2 cups of frozen blueberries

Put all ingredients in the blender and blend until smooth.