

BLUEBERRY ENERGY SMOOTHIE

A great recipe to boost energy and stamina!

Makes 4 servings

- 2 cups fresh or slightly thawed frozen blueberries
- 1 cup low fat vanilla yogurt
- 6 ounces milk
- 12 ounces pineapple juice
- 3 tablespoons honey or Xagave
- 12 to 16 ice cubes

Place all the ingredients, except the ice cubes into your Bosch Blender. Jog using the 'M'switch until the ingredients are well blended. Turn blender up to speed 2 or 3, add ice two cubes at a time. Blend until smooth.

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