

Banana Blueberry Smoothie

- 2 cups of frozen blueberries
- 2 bananas
- 2 cups of whole-milk yogurt
- ½ cups of ice
- To make it less thick, add up to a cup of milk.

Blend the banana, ice and yogurt together until the banana is well blended. Add the blueberries and blend on low speed for 30 seconds. Add up to a cup of milk if needed. You can use frozen bananas to make the smoothie thicker.

TO MAKE THIS DAIRY FREE – substitute hemp or almond milk for yogurt and milk.