





# Black and Blue Berry Smoothie

TIME: 10 minutes • SERVINGS: 4

## INGREDIENTS:

- 2 cups blackberries
- 2 cups blueberries
- 1 cup fat free plain yogurt
- 1 cup fat free milk
- 1 tsp vanilla extract
- 2 cups ice

## DIRECTIONS:

1. Place all ingredients into blender and blend until smooth.  
Serve immediately.

## NUTRITION FACTS (PER SERVING):

### BLACK AND BLUE BERRY SMOOTHIE

Calories: 120, Calories from Fat: 5, Total Fat: 1g, Saturated Fat: 0g,  
Trans Fat: 0g, Cholesterol: 2mg, Sodium: 70mg,  
Total Carbohydrates: 26g, Dietary Fiber: 5g, mSugars: 17g, Protein: 6g,  
Vitamin A: 10%, Vitamin C: 40%, Calcium: 15%, Iron: 4%

The Produce of the Month program is presented  
by Wellness Education & Dining Services