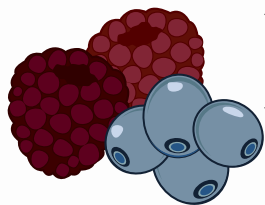


Fruit



Black & Blue Berry Blast



For berry
lovers!

Ingredients:

2 cups blackberries
2 cups blueberries
1 cup plain nonfat yogurt
1 cup fat free milk
1/2 tsp vanilla extract

Safety:

Do not plug beblnder in until the blender lid is on tightly and the blender container is on the blender.

Directions:

1. Wash berries under cold water.
2. Measure out 2 cups of each berry type.
3. Add to blender.
4. Measure and add yogurt, milk, and vanilla to blender.
5. Blend in blender until smooth.
6. Pour into four glasses and enjoy!

Nutrition:

Recipe makes 4 servings
Each serving counts as 1 fruit

Recipe approved by the Centers for Disease Control

from the kitchen of
Playnormous

