

Playnormous Healthy Recipes

Black and Blue Berry Blast

Ingredients:

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

Directions:

1. Wash blueberries under cold water.
2. Measure out 1 cup.
3. Add all ingredients to blender.
4. Blend until smooth.

Nutrition:

- This recipe makes 4 servings.
- Each serving counts as 1 fruit.

Safety:

- Do not plug the blender in until the blender lid is on tightly and the blender container is on the blender.
- Do not open the blender container while the blender is blending or plugged in.
- Unplug the blender before removing the blender container.

Source: Centers for Disease Control

