

Beverage

Blueberry-Banana Smoothie

Dear Abby

Servings: 4

Start to Finish Time: 5 minutes

2 ripe bananas, peeled and sliced

2 cups frozen blueberries

1 cup plain yogurt

2 tablespoons honey

1 cup 1% milk

1/4 cup raw almonds

Combine all ingredients in a blender.

Puree' until smooth, about 30 seconds.

Pour into four tall glasses.

Serve immediately.

Per Serving (excluding unknown items): 135 Calories; 3g Fat (19.9% calories from fat); 4g Protein; 24g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 60mg Sodium. Exchanges: 1/2 Fruit; 1/2 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.