

Blueberry-Lemon Smoothie

Chef Kates - Aldi Test Kitchen
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Servings: 1

*1 fresh lemon
1/2 cup organic frozen
blueberries OR fresh
blueberries (frozen before
use)
8 ounces (one cup) vanilla
nonfat yogurt*

Remove all of the zest from the lemon. Set aside.

Slice the lemon in half. Squeeze the juice from half of the lemon into a blender.

Add the blueberries, yogurt and lemon zest. Blend until smooth.

Freeze for at least 30 minutes before adding to the smoothie. Once frozen, the berries can be stored in a plastic freezer bag.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .