

## Blueberry Blast



### Recipe 1

1 cup blueberry yogurt, frozen\*  
1 cup frozen blueberries  
3/4 cup milk  
4 tablespoons lemonade



### Recipe 2

2 cups blueberries  
1 cup raspberries  
1 cup milk  
1 cup low-fat vanilla yogurt

Measure ingredients and place in blender. Blend until smooth.

**\*Smoothie Tip:** Purchase yogurt ahead of time from dairy case. Scoop into Ziploc bags and freeze. Using yogurt that is frozen helps keep smoothie cold and maintain texture.

**Provided by the Brown County Dairy Promotion Committee**  
<http://browncountydairypromotions.com/>