

Blueberry Breakfast Blast



- 1 cup **blueberries**, fresh or frozen
- 1 cup **nonfat plain yogurt**
- 1 medium **ripe banana**, roughly chopped
- fresh mint** for garnish

- 1 Place all ingredients in blender or food processor, blending until smooth.
- 2 Check texture. Add ice for a thinner blend.
- 3 To enjoy the color, serve in clear glasses.

Per serving: 155 calories, 7g protein, 32g carbohydrate (4g fiber), 1g fat (0g sat, 1g mono/poly), 88mg sodium

Serves 1-2

SEASONED COOK

For a more substantial meal add ground flax seeds, nuts, tofu, or other favorite fruit. This recipe is most nutritious and tastes best when enjoyed fresh.

When buying yogurt, check the label for high protein and low sugar content.