



Blueberry Bliss

Ingredients

- 3 cups 1% milk
- 1 (8-ounce) cup blueberry nonfat yogurt
- 1 cup fresh blueberries
- 1 Tablespoon sugar

Makes 5 servings

Instructions

1. Blend milk, yogurt, blueberries and sugar in blender.
2. Pour into glasses. Garnish with fresh blueberries, if desired.
3. Serve immediately.

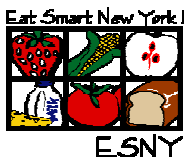
Nutrition Facts

Serving Size 1 cup		Servings Per Container 5	
Amount Per Serving			
Calories 110	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 100mg			4%
Total Carbohydrate 19g			6%
Dietary Fiber 1g			4%
Sugars 16g			
Protein 7g			
Vitamin A 10%		• Vitamin C 10%	
Calcium 25%		• Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

12% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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