

Betty's Blueberry-Banana Smoothie



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In this video, Betty demonstrates how to make a Blueberry-Banana Smoothie. This smoothie is composed of frozen blueberries and bananas, vanilla yogurt, milk, and sugar or sweetener. There is no need for ice chips, since the fruit has been frozen ahead of time.

Ingredients:

½ cup frozen blueberries (My Quick Tip 94 is about freezing fruit for making smoothies.)

¾ cup frozen banana slices

6-oz. container vanilla-flavored yogurt

½ cup skim milk

¼ cup sugar (I prefer artificial sweetener.)

In a blender, add ½ cup frozen blueberries, ¾ cup frozen banana slices, a 6-oz. container of vanilla-flavored yogurt, ½ cup skim milk, and ¼ cup sugar or artificial sweetener. Blend on high speed for about 30 seconds, or until smooth. Pour into dessert glasses, and serve with a spoon and/or smoothie straw. You may vary the types of fruit and flavor of yogurt to fit your taste. You may also cut down on the milk for a thicker smoothie. This is a great way to get fruit into your diet, if you're not the type to eat fruits by themselves. This drink is designed to be low in calories and delicious, too! Enjoy!!! --Betty ☐