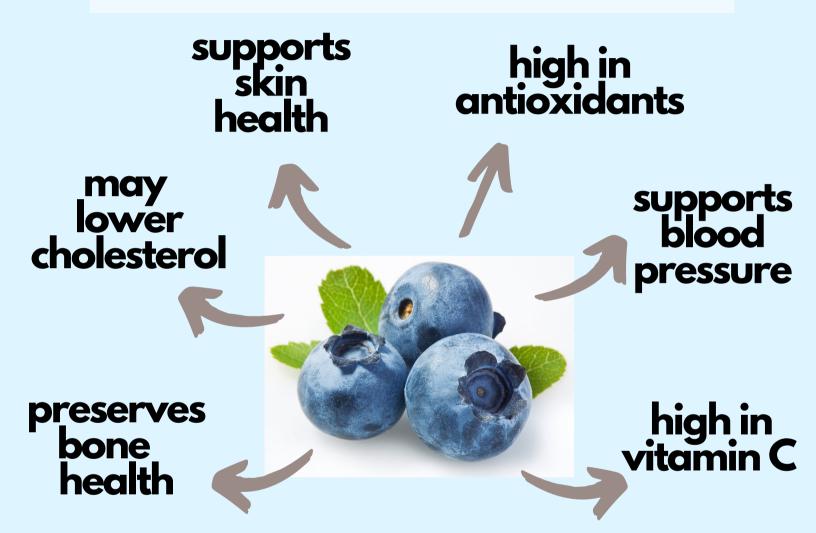


HEALTH BENEFITS OF BLUEBERRIES



Berry Blue Smoothie Ingredients:

-2 cups fresh or slightly thawed blueberries
-6oz plain Greek yogurt
-1 cup apple juice

Directions:

1. Blend all the items together and serve immediately.

