



Total Time: **3 minutes**

Prep Time: **3 minutes**

ingredients (Servings: 2)

1/2 cup frozen blueberries

1 banana (peeled)

8 oz. low-fat vanilla yogurt

8 oz. soy milk

1

directions

step 1: Combine all ingredients in the blender and purée until smooth.

step 2: Drink immediately.