

Merrifield Garden Center

Recipes

Blueberry Banana Smoothie

(Serves Two)

By Merrifield Chef Lilienne Conklin

Ingredients

2 cups frozen blueberries, thawed just a bit
1 cup pineapple juice (use only all natural juice with no added sugar)
8 oz. lowfat Greek yogurt (flavored if you like)
1 teaspoon Stevia powder or agave nectar
½ frozen banana
Splash of almond extract

Directions

Mix all the ingredients together in a blender.

Blueberries are one of the super foods that contain vitamins and antioxidants. By keeping frozen foods in your freezer, you can whip up this recipe in no time. You can substitute silken tofu for the yogurt. Stevia, an herb that's an all-natural sweetener, comes in a powdered form under the name of Truvia. It's a great sugar substitute. Feel free to use real sugar if you prefer. Agave nectar is another natural sweetener.