

Blueberry Smoothie with Variations

With its tremendous anti-oxidant properties, the blueberry is among the most nutrient-dense berry. Low in calories, the blueberry is high in fiber, vitamins C and K, and manganese—so you cannot go wrong with a serving of the sweet blueberry.

Ingredients

- 6 ounces low-fat blueberry yogurt or Greek yogurt
- 1/2 cup ice cubes
- 1/4 cup [blueberries](#) (fresh or frozen)

Instructions

1. To a blender, add the blueberry yogurt, ice cubes, and blueberries.
2. Blend on high until the ice cubes are crushed into small pieces and you have a smooth consistency.
3. Pour and serve. You can top with a few extra blueberries if you wish.



Variations

Replace the yogurt with 1/4 cup low-fat milk, increase the blueberries to 1/2 cup, and add 1 cup spinach. Blend until smooth. If too thick, add an additional ice cube or more milk.

Include other berries like raspberries, strawberries, or sliced fresh fruit like peaches or plums.

Go tropical by adding fresh pineapple, mango or papaya, strawberries, red or green grapes, ripe bananas, oranges,

If you prefer drinking your vitamins rather than gulping them down with water, try this combination—yogurt, spinach, banana, blueberries, strawberries, milk.

Source- The Spruce Eats