

Beverages

Steviscane Blueberry Smoothie

Dixie Crystals Sugar

Servings: 2

Preparation Time: 5 minutes

1 cup blueberries (fresh or frozen)

1 container (8 oz) fat-free plain Greek yogurt

3/4 cup 2% reduced fat milk

1 tablespoon steviacane or 2 tablespoons Imperial Sugar extra fine granulated sugar

1/2 teaspoon vanilla extract

In a blender on low speed, blend the blueberries, yogurt and milk.

Add the sugar and vanilla extract. Blend on high speed until smooth.

Serve over ice, if desired.

Per Serving (excluding unknown items): 3 Calories; 0g Fat (0.0% calories from fat); 0g Protein; trace Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .