Heavenly Blueberry Smoothie
Sports Nutrition, Mar. 7th

Ingredients:
- 1 frozen banana
- ½ cup milk
- 1 cup yogurt
- 1 ½ teaspoon flax seed
- 1 ½ teaspoon honey
- 2/3 cup blueberry

Directions:
1. Cut banana into small pieces and place into the bowl of a blender. Add the soy milk, yogurt, flax seed meal, and honey. Blend on lowest speed until smooth, about 5 seconds. Gradually add the blueberries while continuing to blend on low. Once the blueberries have been incorporated, increase speed, and blend to desired consistency.
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