



BLUEBERRY-BANANA SMOOTHIE

Breakfast is the one meal that's right any time of day. Restaurants may stop serving it at 11:00, but you can find comfort in the familiar, yet modern, goodness of this menu whenever the mood strikes you.

INGREDIENTS

- 1 c. plain yogurt
- 1 c. blueberries, fresh or frozen
- 1½ c. milk
- 1 large banana, sliced

INSTRUCTIONS

Combine all ingredients in a blender.
Blend until smooth.

Try combining other fruits, such as strawberries and kiwis, or peaches and mangoes.

NOTE: A handful of spinach or kale can also be added to disguise an otherwise undesirable vegetable serving.