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## Banana Blueberry Smoothie

### INGREDIENTS

Greek or nonfat plain yogurt (Greek yogurt is thicker and higher in protein)  
fresh or frozen banana  
fresh or frozen blueberries  
protein powder

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### PREPARATION

- 1 Combine 6 oz yogurt with 1 fresh or  $\frac{3}{4}$  cup frozen banana,  $\frac{1}{4}$  cup fresh or frozen blueberries
- 2 Add to blender or food processor to puree.
- 3 Use full fat yogurt for kids under 2, low-fat or non-fat for older kids and adults
- 4 For older kids and parents looking for extra protein, add a scoop of whey or other protein to the shake.

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