



Recipe Provided By:

## Blueberry Ridge Orchard

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### Blueberry Smoothies

- 2 cups blueberries (fresh or frozen)
- 12-15 ice cubes
- 1 cup juice (any flavor; I use V8 Fusion)
- ½ banana
- 1 8 ounce yogurt (any flavor; I use strawberry banana or lemon)
- ½ can (15 ounce) mandarin oranges

**PREPARATION:**

Put all ingredients in a blender and blend until smooth and creamy.  
Can drink immediately or freeze for later.

For more great blueberry recipes visit our website at [www.blueberryridge-orchard.com](http://www.blueberryridge-orchard.com)  
If you have a great blueberry recipe to share, please e-mail us through our website.