



Fresh Chilean Blueberry Green Tea Smoothie

INGREDIENTS

BLUEBERRY GREEN TEA FUSION

Bring 2 cups water to boil

Add 1 cup fresh Chilean blueberries

Boil 5 minutes. Strain. Add 2 green tea bags and steep 3-5 minutes. Drink hot or pour over ice and add honey or agave to sweeten.

BLUEBERRY GREEN TEA FUSION SMOOTHIE

1 banana

1 cup plain yogurt

3/4 cup fresh Chilean blueberries

Zest of orange

4 ice cubes

1 cup blueberry green tea fusion (recipe above)

INSTRUCTIONS

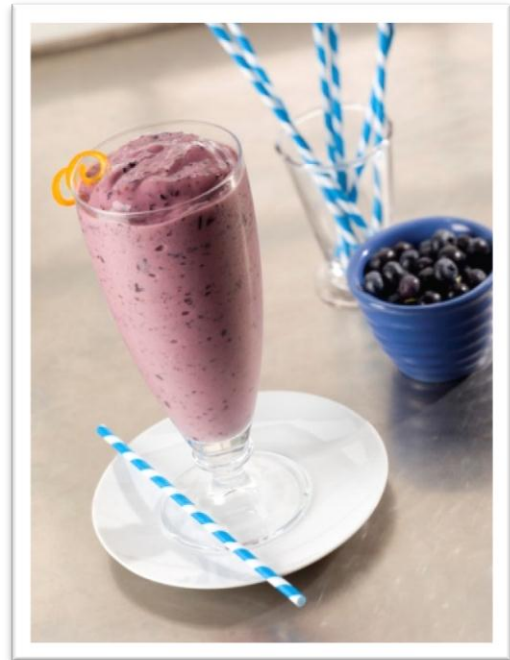
Blend well and top with mint sprig.

NUTRIENTS PER SERVING

Blueberry Green Tea - 8 servings each: 11 calories and 0.5 gms dietary fiber

Smoothie - 4 servings each: 80 calories, 2 gms dietary fiber, 42 mg sodium, 4 gms protein

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com