

Eat Well Recipe

Vanilla Berry Granola Smoothie

Ingredients:

- 1 cup light vanilla yogurt
- ½ cup all natural granola
- 1 cup soy milk
- 1 cup frozen blueberries
- 1 tbsp vanilla extract

Directions:

Add all ingredients to your blender and blend to desired consistency. It usually helps to add the liquids first, then the granola and blueberries.

Makes 2 (8oz.) servings

This recipe is provided by SHS Wellness Programs.

Eat Well Recipe

Vanilla Berry Granola Smoothie

Ingredients:

- 1 cup light vanilla yogurt
- ½ cup all natural granola
- 1 cup soy milk
- 1 cup frozen blueberries
- 1 tbsp vanilla extract

Directions:

Add all ingredients to your blender and blend to desired consistency. It usually helps to add the liquids first then the granola and blueberries.

Makes 2 (8oz.) servings

This recipe is provided by SHS Wellness Programs.

Eat Well Recipe

Vanilla Berry Granola Smoothie

Ingredients:

- 1 cup light vanilla yogurt
- ½ cup all natural granola
- 1 cup soy milk
- 1 cup frozen blueberries
- 1 tbsp vanilla extract

Directions:

Add all ingredients to your blender and blend to desired consistency. It usually helps to add the liquids first then the granola and blueberries.

Makes 2 (8oz.) servings

This recipe is provided by SHS Wellness Programs.

Eat Well Recipe

Vanilla Berry Granola Smoothie

Ingredients:

- 1 cup light vanilla yogurt
- ½ cup all natural granola
- 1 cup soy milk
- 1 cup frozen blueberries
- 1 tbsp vanilla extract

Directions:

Add all ingredients to your blender and blend to desired consistency. It usually helps to add the liquids first then the granola and blueberries.

Makes 2 (8oz.) servings

This recipe is provided by SHS Wellness Programs.