

# BLUEBERRY SWIRL

SERVES 1 • 10 MIN.

## Ingredients:

6 oz. fat-free blueberry yogurt  
¼ cup blueberries  
½ banana  
1 tablespoon ground flax seed  
1 tablespoon wheat germ  
5 ice cubes splash of water  
1-2 cups fresh spinach

## Per Serving:

**Calories:** 323  
**Fat:** 5g  
**Cholesterol:** 3g  
**Omega-3:** 1790mg  
**Carbohydrates:** 60g  
**Fiber:** 7g  
**Sugar:** 44g  
**Protein:** 13g  
**Sodium:** 150g  
**Vitamin A:** 114%  
**Vitamin C:** 46%  
**Calcium:** 34%  
**Iron:** 16%  
**Magnesium:** 35%  
**Zinc:** 20%

## Nutrition Notes:

Substitute enriched almond or soy milk in place of water to squeeze in even more nutrient-rich favor. If you really want to pack in the protein, opt for silken tofu. Even fat-free yogurts containing fruit can be very high in added sugar. Be sure to look for one with real fruit and be on guard for “light” yogurts, which often use artificial sweeteners.

## Special Tools:

Blender

## Preparation:

Take all ingredients and place in a blender. Hit the blend speed of your choice.

