# Black and Blueberry Smoothie

**Serving Size:** 1 cup
**Yield:** 4 servings

## Ingredients

2 cups blackberries

2 cups blueberries

1 cup fat-free plain yogurt

1 cup fat-free milk

1 teaspoon vanilla extract

2 cups ice

## Instructions

1. Place all ingredients into blender and blend until smooth.
2. Serve immediately.

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## Nutrition information:

Calories: 120
Carbohydrate: 26 gm
Fiber: 5 gm
Fat: 1 gm
Protein: 6 gm
Cholesterol: 2 mg
Sodium: 70 mg

*For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.*

*From Centers for Disease Control and Prevention, www.fruitsandveggiesmatter.gov/month/berries.html*

## Diabetic Exchange**

Fruit: 1
Vegetables: 0
Meat: 0
Milk: 1
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

*www.ext.wvu.edu*

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