



# Blueberry-Pomegranate Smoothie

1 ripe banana

1/2 cup (2 oz./60 g) frozen blueberries

1 Tbs. honey

1/2 cup (4 fl. oz./125 ml) pomegranate juice

1 cup (8 oz./250 g) plain nonfat yogurt

Peel the banana and cut it into chunks.

In a blender or food processor, combine the banana, blueberries, honey and pomegranate juice and process to a coarse puree, 30 to 45 seconds. Add the yogurt and process until smooth.

Pour into glasses and serve immediately, or transfer to insulated beverage containers and take to go. Serves 2.

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