

BC APPLE, BLUEBERRY, & CARROT SMOOTHIE



Yields:
3 cups (750 ml)

INGREDIENTS

¾ cup	BC Apple Juice, fresh	180 ml
1 cup	BC Blueberries, frozen	250 ml
¼ cup	BC Carrot Juice	60 ml
1 cup	BC Greek Yogurt	250 ml
1 tsp	Vanilla	5 ml

DIRECTIONS

1. Combine all ingredients in a blender.
2. Enjoy!



*Fresh BC produce makes for the absolute best juice. You can use the juice straight out of the juicer. If you would prefer a clearer juice, strain the fresh juice and let it sit in a container undisturbed overnight to allow any sediment to settle.



CHEF'S TIP

*This no-sugar-added smoothie is a great way to start your day or to have right after a hard workout.