

## Blueberry vanilla yoghurt smoothie

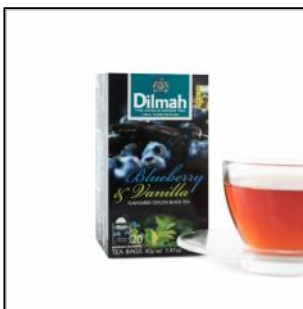


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- Sub Category Name  
Drink  
Smoothies
- Recipe Source Name  
School of Tea Workbooks
- Festivities Name  
Summer
- Activities Name  
Cleanse and Power up at Gym

### Used Teas



Blueberry And  
Vanilla

### Ingredients

#### Blueberry vanilla yoghurt smoothie

- 5 tbs yoghurt
- 3 tbs blueberries
- 1 cup blueberry tea brewed strong using 2 teabags



- 1 tbs maple syrup

## **Methods and Directions**

### **Blueberry vanilla yoghurt smoothie**

- Blend all ingredients

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