

The combination of warm summer days and fresh, local produce make for a smoothie that will tickle your taste buds and may just spur you to dance! Packed with vitamins and antioxidants, this smoothie is a good source of protein and fiber. Enjoy with meals or as a snack. Use fresh or frozen blueberries, or pick your own at many farms around the Upper Valley, go to:

<http://bit.ly/2vKgvrl>



Blueberry, Mango, Carrot Smoothie

Ingredients

- 1 cup Blueberries*
- ½ cup frozen chopped Mango
- 1 large Carrot* cut into chunks
- 1 ½ cups plain Soy or Dairy* Milk
- Optional: pinch of ground ginger

Instructions

1. Place all ingredients in container of blender and process for 30 seconds.
2. Stop blender and scrape down sides of blender with spatula to combine all ingredients. Process another 30-60 seconds or until smooth.
3. Pour into 2 glasses. Enjoy!

*This ingredient can be found fresh and local in NH/VT, especially in August and September.