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/2vKgvr1

**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.