

Blueberry vanilla yoghurt smoothie

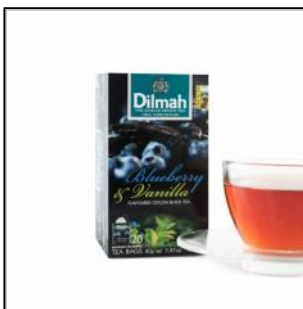


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- Sub Category Name
Drink
Smoothies
- Recipe Source Name
School of Tea Workbooks
- Festivities Name
Summer
- Activities Name
Cleanse and Power up at Gym

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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