

# Blueberries & Yogurt Shake

## Ingredients:

- \* 1 cup almond milk
- \* 1 cup low-fat plain yogurt
- \* 1-3 tbsp. frozen OJ concentrate
- \* 6-8 baby carrots or 1 large carrot
- \*  $\frac{3}{4}$  cup fresh or frozen blueberries
- \* 1 tbsp. wheat germ
- \* 1 tbsp. wheat bran
- \* 1 tbsp. flax seed (grinded)
- \* 1 tsp. local honey



## Directions:

Blend together for 1 – 2 minutes. Makes 3.5 cups.

Original recipe can be found at  
<http://www.cancerrd.com/Recipes/yogurtshake1.htm>



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