



B L U E B E R R I E S

## **Blueberry ZING!**

At least one cup of Blueberries is recommended each day by doctors, scientists and nutritionists for optimum health, and one and a half to two cups a day is even better. Here is a FAST, EASY, REFRESHING way to enjoy your daily Blueberries and put some real "ZING" into your life!

### **Roedger Bros. " *Blueberry ZING!* "**

#### **Ingredients:**

- 1 and 1/2 to 2 cups of Free Flowing Frozen "Roedger Bros. Blueberries"
- 3 table spoons or 1/4 cup of fat free Vanilla Yogurt

#### **Directions:**

Place Free Flowing Frozen Roedger Bros. Blueberries into cup or bowl and either microwave on high for 55 seconds, or lightly thaw by running under warm water until any outside Ice is removed. Blueberries should still be mostly frozen on the inside.

Place Blueberries and Yogurt in Blender or "Magic Bullet" and blend for 30 seconds, or until Blueberries are thoroughly blended.

Pour into glass and enjoy the most delicious, cool, amazingly refreshing drink ever! The Blueberry ZING is packed with vitamins, minerals and an incredible amount of antioxidants, the Blueberry ZING will leave you feeling truly revitalized!

Feel free to experiment with all sorts of add-ins (ice, fresh or frozen banana, strawberry, peach, raspberry, mango, orange, kiwi, coconut, honey, mint, protein powder, granola.....)

The Blueberry Zing is packed with vitamins, minerals, and powerful antioxidants, and is an easy way to get your Dr. recommended 1 cup a day.