

Blueberry Smoothie

- 1 cup frozen blueberries
- 1 (8 ounce) container plain yogurt
- $\frac{3}{4}$ cup milk
- 2 tablespoons white sugar
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{8}$ teaspoon ground nutmeg

Process-

- Gather all ingredients, making sure that blueberries are frozen.
- Put all ingredients into a blender, blend, and serve immediately.

Serves 2.

