

of the TASTE *South*

Spring 2007

Blueberry Smoothie

Recipe development by Loren Wood

Yield: 4 servings

Preparation: 10 minutes

2 cups TrueBlue Blueberry Cocktail

1 ½ cups crushed ice

1 cup strawberry sorbet

½ cup fresh blueberries, washed and dried

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- In a blender, combine blueberry cocktail crushed ice; blend on High until smooth. Add sorbet, blueberries, and strawberries; blend on medium until well mixed. Divide among 4 glasses and serve immediately.