

# Purple Passion Smoothie

Prep: 5 min  
Cook: 0 min  
Serves: 2

## Ingredients:

- ½ cup fresh blueberries, washed and chilled
- 1 ½ cups vanilla ice cream
- ½ cup cold milk

## Directions:

1. Place all the ingredients in a blender and process until smooth and frothy, about 45 seconds. Pour into chilled glasses and serve.
2. Makes about 2 ¼ cups.
3. Hint: Frozen blueberries work well, too.



Nutrition Information		
Serving size: 197g	2 servings	Calories: 260
Amount per Serving		% Daily Value
Total Fat	12g	18%
Saturated Fat	7g	35%
Trans Fat	0g	
Cholesterol	50mg	17%
Sodium	105mg	5%
Total Carbohydrate	32g	12%
Dietary Fiber	1g	4%
Total Sugars	28g	
Added Sugars	16g	32%
Protein	6g	
Vitamin D	1mcg	
Calcium	200mg	15%
Iron	0mg	
Potassium	312mg	6%