

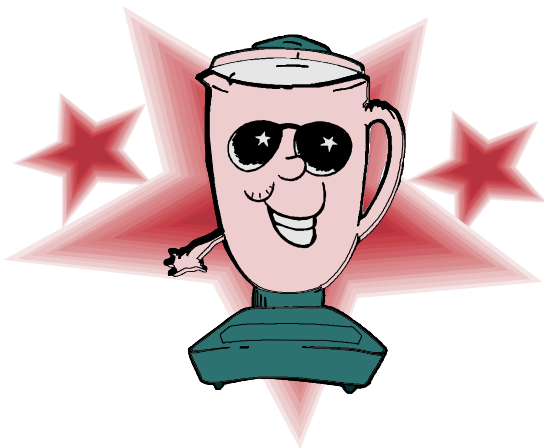
Lesson 4

Recipe - Blue Moosetache Smoothie

Blue Moosetache Smoothie

Ingredients

- ▶ 1 cup frozen blueberries
- ▶ 3 oz. frozen orange juice concentrate
- ▶ 1½ cups low-fat or non-fat milk
- ▶ 1 eight-ounce container of low-fat blueberry yogurt



Moose Facts

Moose can smell food real well with their very large snout. One of their favorite fruit treats are wild blueberries. Marty and his moose friends eat not only the tasty berries, but also the leaves. Humans should stick with just eating the berries from a blueberry bush!

Directions

Measure and put all ingredients into blender. Blend until smooth with visible blue flecks from blueberry skins. Serve immediately.

Makes four 8 ounces servings.

Drink and enjoy.

