



A blog by California Giant Berry Farms



Prep Time

5 Mins



Total Time

10 Mins



Servings

1



Calories
per serving

418

Blueberry Yum Yum Smoothie

Ingredients

2 Natural Delights Medjool Dates, pits removed

¼ tsp ground cinnamon

¼ tsp vanilla extract

1 banana

½ cup Cabot yogurt

1 cup frozen California Giant blueberries

Instructions

In a blender, blend together dates, cinnamon, vanilla extract, banana, and yogurt until smooth.

Add your frozen blueberries and blend until smooth.

Top with fresh blueberries and enjoy!

