

Blue Bayou Smoothie

CHECKLIST

- 3 ounces water
- 3 ounces Dr. Smoothie 100% Crushed Blueberry Banana
- 2 ounces Dr. Smoothie 100% Peach Pear Apricot
- 1 banana, fresh
- 16 – 18 ounces ice
- ¼ cup blueberries, fresh (to be pulsed in at end)

DIRECTIONS

In blender, combine water, Dr. Smoothie 100% Blueberry Banana, Dr. Smoothie 100% Crushed Peach Pear Apricot, fresh banana and ice.

Blend until smooth.

Pulse in fresh blueberries and serve.

Option: Replace Dr. Smoothie 100% Crushed Blueberry Banana with Dr. Smoothie Classic Blueberry Banana. You can also, replace Dr. Smoothie 100% Crushed Peach Pear Apricot with Dr. Smoothie Classic Peach Pear Apricot.

YIELD

16 ounce finished beverage