

# Blueberry Blast Smoothie

with the Super Crew®!



the  
**Super Crew**

## Tools

- Blender
- Napkins
- 2 glasses
- Measuring cups
- Measuring spoons

## Ingredients

- 2 cups frozen unsweetened blueberries (do not thaw)
- ½ cup orange juice (calcium-fortified preferred)
- ¾ cup low-fat or nonfat vanilla yogurt
- ½ medium frozen banana
- ½ tsp. pure vanilla extract

## Directions

1. Place blueberries, orange juice, yogurt, banana and vanilla into blender container.
2. Cover securely and blend for 30 to 35 seconds or until thick and smooth. For thinner smoothies, add more juice; for thicker smoothies, add more frozen fruit.
3. Pour into 2 glasses and serve immediately.

**Note:** Using *frozen* blueberries are the secret to the milkshake-like consistency of this smoothie. Don't have frozen blueberries? Substitute frozen pineapple, cherries or mango for the blueberries.



Makes 2 servings.  
Per serving: 214 calories,  
2.5 g total fat (1 g saturated fat),  
44 g carbohydrates, 6 g protein,  
5 g dietary fiber, 63 mg sodium.



"I love being super strong. I rely on orange foods like oranges, mangos and sweet potatoes to give me the energy I need to climb my best!"

-Andy

"I love combining all different frozen fruits to make a surprise smoothie!"

-Kiva



# Join the Super Crew and Get Moving Everyday!

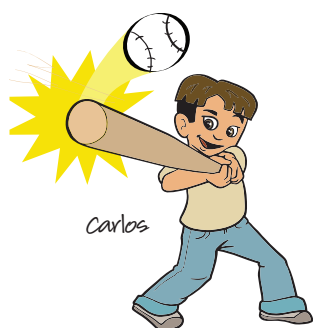


Check off what kind of outdoor activities you like.  
Write down your favorite ways to move:

- Frisbee
- Tag
- Bike riding
- Skate boarding
- Scooting

- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

**You don't have to exercise all 60 minutes at once. You can break it up!**



Carlos

**15 minutes**  
of baseball with  
friends



Penny

**30 minutes**  
of Karate or kick boxing  
on Wii or in class



Jessie

**15 minutes**  
of jumping rope



Penny

**60 minutes**  
of exercise in  
the day!

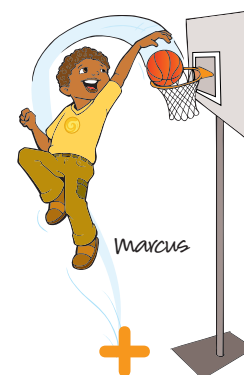
**Draw 2 activities you like to do to help you get 60 minutes a day:**



Kira



**15 minutes**  
of dancing



Marcus



**15 minutes**  
of basketball



**60 minutes**  
of exercise  
in the day!

Visit [www.aicr.org](http://www.aicr.org) and [www.superkidsnutrition.com](http://www.superkidsnutrition.com) to learn how to make healthy eating and living choices and for more fun activities with the Super Crew.