**BLUEBERRY WATERMELON SMOOTHIE**

**INGREDIENTS**
- 2 cups watermelon pieces, seedless, cut into 1 inch cubes
- 1 cup frozen blueberries
- 1 cup vanilla Greek yogurt or almond milk
- 2 teaspoons honey (optional)

**INSTRUCTIONS**
Put into blender and puree until smooth.
Serve immediately.

VISIT BCOC.ORG FOR MORE RECIPES!
Blueberries are considered a “superfood”, thanks to their powerful nutritional benefits. They’re actually one of the most nutrient dense foods on the planet, providing lots of Vitamins C, K, and manganese along with other beneficial plant compounds.

They are the “king” of antioxidant foods, having the highest antioxidant levels of all commonly consumed fruits and vegetables.

VISIT BCOC.ORG FOR MORE RECIPES!