dLife-ful Berry Smoothie

 ingredients.

½ cup skim milk or low fat.

6oz. Plain yogurt or silken tofu.

1 cup blueberries ( do not thaw)

½ small banana

½ teaspoon almond extract

1 tablespoon brown flaxseed meal

½ teaspoon sugar substitute

Mix all of the ingredients in blender until well blended .

Pour and enjoy.

 Bon-APPETIT June 1- 2014