

## Jazzberrylicious

- 1 cup (250 ml) Milk
- 3/4 cup (175 ml) blueberry yogurt, frozen
- 1/4 cup (60 ml) pomegranate juice
- 1 cup (250 ml) fresh blueberries
- Handful of crushed ice

Blend all ingredients until smooth.

Makes about 3 cups (750 ml).



Per serving of 1 cup (250 ml): 142 calories; 4.6 g protein;  
24.3 g carbohydrate; 3.5 g fat; 148 mg calcium

Recipe provided by Dairy Farmers of Canada  
[www.dairygoodness.ca](http://www.dairygoodness.ca)