

## BLUEBERRY SMOOTHIE

2 cups fresh, canned or slightly thawed frozen blueberries

3/4 cup lowfat vanilla or other flavored yogurt

1 cup fruit juice (orange, pineapple or apple)

In container of an electric blender, place blueberries, yogurt, and juice; whirl until smooth. Serve immediately.

Makes: 2 or 3 portions

Blueberries are a tasty, healthy treat all by themselves or in other foods. Can you find and circle all these words listed?

blueberry  
cereal  
yogurt  
smoothie  
tasty  
energy  
salad  
fruit

S A L E L D  
Y R N A L N L A  
S M O O T H I E E L L  
A L G L D R L F L R U A  
B L U E B E R R Y L G L S  
A L R L G C L U H B O Y  
D R T A S T Y I L O Y E  
L A E R E C N T V M L L  
K C E R E S L P

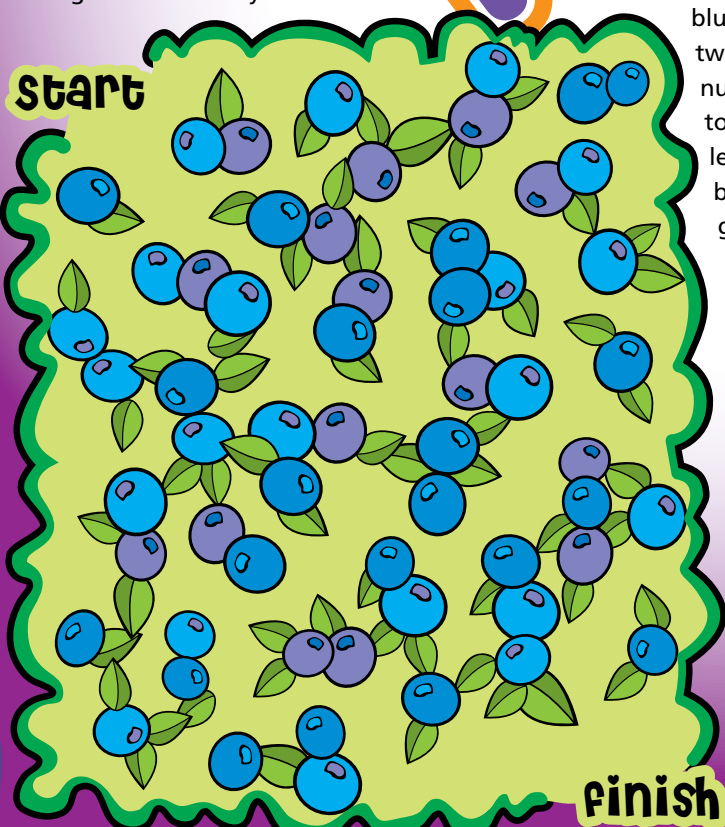
Blueberries are fun and good for you! Can you count all the blueberries on this page?

Answer: 74

# BLUEBERRY

# POWER!

Did you know that blueberries grow on big bushes? Some bushes produce as many as 6,000 blueberries every year. Can you find your way from start to finish through this blueberry bush maze?



The number on each blueberry is the sum of the two beneath it. Fill in all the numbers, then use the code to find the letters to learn what makes blueberries so good for you.

		m					
	n		F				
			17				
	B	e		A			
			8				
	I	T	R	V			
			3				
	6	2	5	9	32	2	15
							S
&							
	17	2	7	8	3		



