

# Your *Lindo's* Shopping List



## **Blueberry Pomegranate Smoothie with Honey and Orange**

- 1 can (12 fluid ounces) Nestlé Carnation Evaporated Fat Free or Lowfat 2% Milk
- 2 cups frozen or fresh blueberries
- 1 cup pomegranate juice
- 1/4 cup frozen orange juice concentrate
- 2 tablespoons honey or more to taste

