

Sweet Sundays: True Blue Summer Smoothie

Thanks to this year's bumper blueberry crop, our [tiny] freezer is quickly filling. But I must say, it is worth it; this year's blueberries seem sweeter than ever. Plus, you can't beat the prices. We have been getting loads of these delicious Oregon blueberries for just \$1.00 to \$2.00 per lb at our local grocery stores.

Though I offered to make some blueberry bars, my husband quickly declined with a, "Save them for the smoothies!" Considering how much he loves cookies and bars, this says a ton for his adoration of our homemade smoothies. In fact, there is one sweet blueberry smoothie, which he not only enjoys immensely, but also brags to others about (in attempts to thwart his less than healthy childhood image). The full recipe and some blueberry freezing tips can be viewed in today's True Blue Smoothie post on One Frugal Foodie. [This recipe is from my book, *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living*]