



**Schoharie County**

173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

**Otsego County**

123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

**Oneonta Outreach**

31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Blueberry Bliss

### Ingredients:

- 3 cups 1% milk
- 1 (8-ounce) cup blueberry nonfat yogurt
- 1 cup fresh blueberries
- 1 Tablespoon sugar

*Makes 5 servings - 12% calories from fat*

### Instructions:

1. Blend milk, yogurt, blueberries and sugar in blender.
2. Pour into glasses. Garnish with fresh blueberries, if desired.
3. Serve immediately.

## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 5

---

Amount Per Serving

**Calories 110**    **Calories from Fat 15**

---

	% Daily Value*	
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 10mg		<b>3%</b>
<b>Sodium</b> 100mg		<b>4%</b>
<b>Total Carbohydrate</b> 19g		<b>6%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 16g		
<b>Protein</b> 7g		

---

Vitamin A 10%    •    Vitamin C 10%

Calcium 25%    •    Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000		2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:  
Fat 9    •    Carbohydrate 4    •    Protein 4

Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

