



Recipe created by Roberta Asher  
(chef & dietitian)

Serves: 1

Time to prepare: 5 mins

Hands on time: 5 mins

Freeze: Yes

## Ingredients

1 fresh lime (juice and zest)

½ cup frozen blueberries

3 tablespoons (~65 g) low-fat vanilla yoghurt

½ cup skim milk

2 tablespoons skim milk powder

## NUTRITION INFORMATION

*Per 200ml serve*

Energy	705 kJ / 168 cal
Protein	12.6 g
Carbohydrate	27.3 g
Dietary Fibre	2.2 g



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## Method

1. Finely grate the zest of about 1/6th of the **lime** and put in the jug of a blender or hand-held blender. Then cut the lime in half, cut a wedge and squeeze the juice into the jug.
2. Place **all remaining ingredients** in the jug.
3. Blend until smooth and serve in a 200ml glass.

**Chef's tip:** To grate lime zest wash the fruit well under cold running water. Grate only the coloured part of the rind. When you see the white "pith" stop grating as the pith tastes bitter and unpleasant.

**Money saving tip:** Keep the remainder of the lime in the fridge (for 2-3 days) to use in another dish. Alternatively, zest and juice the whole lime and freeze any unused amounts in a small container to use for another Blueberry and Lime Smoothie. Remember to label and date the container prior to placing in the freezer.



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