



## Antioxidant smoothie

### Ingredients

180 ml (3/4 cup) of 2% milk  
125 ml (1/2 cup) of Alasko blueberries frozen  
10 ml (2 tsp) of maple syrup  
5 ml (1 tsp) of orange zest  
15 ml (3 tsp) of flaxseed

### Steps

Process all ingredients in a blender at high speed until smooth.

Serve immediately.

NOTE: You can also use the Alasko wild blueberries frozen available in different formats. CODE: 201, 202, 203, 2099

### Preparation time :

5 minutes

**Portions :** 1 portion

**Product :** Blueberries Cultivated IQF

**Product code :** 00295

**Type :** Classic fruits

**Format :** 1 x 30 lb

### Preservation :

Keep frozen at 0°F or -18°C or below. Remove desired amount and immediately return any unused product to freezer. Do not refreeze once thawed.

### Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporate it into your favorite recipe.