



Total Time  
**5 MIN.**

Serving & Size  
**1 EACH (12 FL OZ)**

Difficulty  
**EASY**

V8 V-Fusion is blended together with yogurt and fruit for a smooth, satisfying dessert.

Yields  
**24**


<b>Nutrition Facts</b>	
Serving Size	1 EACH (12 FL OZ)
<b>Amount Per Serving</b>	
<b>Calories</b> 344	
<b>% Daily Value</b>	
<b>Total Fat</b> 2.4g	<b>4%</b>
<b>Saturated Fat</b> 1.3g	<b>7%</b>
<b>Cholesterol</b> 6mg	<b>2%</b>
<b>Sodium</b> 134mg	<b>6%</b>
<b>Total Carbohydrate</b> 75.5g	<b>25%</b>
<b>Dietary Fiber</b> 6.3g	<b>25%</b>
<b>Protein</b> 7.8g	<b>16%</b>
Vitamin A 13%	Vitamin C 37%
Calcium 18%	Iron 7%

<b>INGREDIENTS</b>	<b>WEIGHT</b>	<b>MEASURE</b>
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<b>V8 V-Fusion® Pomegranate Blueberry</b>		3 qt.
vanilla low fat yogurt	104 oz.	3 qt.
frozen raspberries	106 oz.	3 qt.
banana, medium, peeled	100 oz.	24 ea.
blueberries	1 oz.	1/4 cups
mint, individual sprig(s)		24 ea.

**INSTRUCTIONS**

- For Each Serving:** In a blender combine 1/2 cup juice, 1/2 cup yogurt, 1/2 cup frozen berries and 1 peeled banana; blend on high speed until smooth, about 1 minute. CCP: Serve beverage chilled to below 40 °F.
- Pour into a 16-oz. glass and garnish with mint and/or fresh berries, if desired.

 **TIP**

Substitutions: V8 V-Fusion Acai Mixed Berry, Peach Mango or Strawberry Banana

Other frozen fruits may be substituted including: peaches, plums, nectarines, mangoes, papaya, cherries, etc.