Blueberries & Yogurt Shake

Ingredients:

* 1 cup almond milk
* 1 cup low-fat plain yogurt
* 1-3 tbsp. frozen OJ concentrate
* 6-8 baby carrots or 1 large carrot
* ¾ cup fresh or frozen blueberries
* 1 tbsp. wheat germ
* 1 tbsp. wheat bran
* 1 tbsp. flax seed (grinded)
* 1 tsp. local honey

Directions:

Blend together for 1 – 2 minutes. Makes 3.5 cups.

Original recipe can be found at http://www.cancerrd.com/Recipes/yogurtshake1.htm