



Bonnieheath
E S T A T E
LAVENDER & WINERY

Blueberry & Lavender Smoothee

125 ml (½ cup) ice

125 ml (½ cup) low fat milk

125 ml (½ cup) plain yogurt

250 ml (1 cup) fresh or frozen
blueberries

5 ml (1 tsp) lavender buds (or
to taste)

15 ml (1 Tbsp) honey (or to
taste)

Blend ingredients together in blender or food processor until smooth.

Serve garnished with fresh lavender sprigs and savour.