

Banana Strawberry Smoothie

Ingredients

1 banana, frozen or fresh

6 strawberries, frozen or fresh

1 cup yogurt, vanilla

1 cup milk

Directions

1. In a blender add banana, strawberries, yogurt and milk.
2. Blend until smooth.

Pour into glass and enjoy!

Makes 2 cups

Tip: If using fresh fruit add ice cubes.

