

BANANA BERRY SMOOTHIE

INGREDIENTS

2 frozen bananas

1/2 cup frozen blueberries (Or fruit of your choice)

1/2 cup orange juice

6 oz. fat free vanilla yogurt

1 tablespoon honey (optional)

1 teaspoon vanilla extract (optional)

DIRECTIONS

Remove skins from bananas and cut in chunks. Place bananas, blueberries and juice in a blender, puree. Use honey and/or vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

(Makes 5 servings)

