




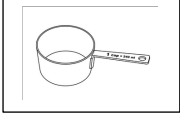
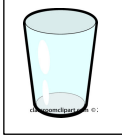




Best-Ever Banana-and-Berry Smoothie

Makes: 2 Servings

Ingredients:	
1 cup milk	
1 banana	
1 cup blueberries or strawberries (fresh or frozen)	
1 cup fruit flavored yogurt	

Supplies:	
Blender	
Measuring cup	
Drinking glass	

Steps:

1. In a blender, combine milk and fruit until smooth.
2. Add yogurt and blend at low speed for 1 to 2 minutes.
3. Serve and Enjoy!