



# Banana Berry Smoothie

Prep time: 5 min | Serves: one

Start by adding the ice to the blender; followed by the fruit, then the yogurt and milk. If your blender cannot crush ice, you can leave it out (this also makes a creamier drink) or if the blender is not very powerful, chop up the fruit before adding it.

Pulse on the ice crushing setting until most of the ice is broken up and then use the smoothie/liquify setting until well blended. Pour and enjoy! Simply double or triple the recipe to make more servings at once. If you do this, you may want to crush the ice before adding the fruit and yogurt.

As I mentioned, you can leave out the ice if desired or substitute frozen yogurt in place of the plain yogurt. Mix in a little loose granola and extra berries before serving for an extra hearty treat or even add some egg whites or protein powder while blending to beef it up.

You can also use any fruit you like. Other favorite combinations of mine are half of a banana and two pineapple rings or a handful of raspberries and 1/4 of a medium peach. Enjoy!

## INGREDIENTS

2 ice cubes

half medium banana

2 - 3 strawberries

handful blueberries

1/2 cup vanilla yogurt

splash of milk/soy milk