



Cut at the line for a 4x6 Recipe Card

Everyday Recipes: everydayrecipes.ca

Smoothies

(Beverages, None)

Ingredients:

- 1 cup frozen strawberries
- 1 banana
- 1/2 cup low fat, vanilla Greek yogurt
- 1/2 cup skim milk
- 1/4 cup yellow sugar
- 8-10 ice cubes

Directions:

Put all ingredients in a blender and process until smooth. Yields 2 servings.

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