

Making it delicious

Berry Yummy Smoothie



Ingredients (serves 2)

- 1 cup strawberries (fresh or frozen)
- 1 banana
- 1 orange
- 1 cup water or milk



Instructions

- Peel the banana and carefully cut the peel off of the orange. Cut the tops of the strawberries if using fresh strawberries.
- Into a blender, add the peeled fruits, the strawberries, and the water or milk.
- Blend until smooth and creamy, turning off the blender and using a spatula to get rid of air pockets as needed.

SERVINGS: 2 | PREP TIME: 5 MIN