

Berry-banana smoothie



Things you need:

Ingredients:

1 frozen banana
1/4 cup frozen
or fresh berries -
raspberries, blackberries,
strawberries
1 cup orange juice
3 tablespoons vanilla yogurt

Equipment:

Blender
Measuring cups
Tablespoon
2 tall glasses

Makes 2 serves



1 In a container combine the frozen banana pieces, fresh or frozen berries, orange juice, and the yogurt.



2 Blend until smooth.



3 To serve, pour into glasses and garnish with fruit or fresh mint or berries.

