

# EarlyON Child and Family Centre

## Berry Good Summer Smoothie

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#### What you will need:

- 1 fresh or frozen banana
- 1 cup fresh or frozen strawberries (or any berries you have)
- ½ cup milk (or soymilk)
- ½ cup yogurt



#### Directions:

1. Peel the banana. Wash and cut off the tops of the strawberries
2. Put fruit into the blender with milk and yogurt. Whirl away until smooth.
3. Pour into tall glass and enjoy.