



Summertime Strawberry Banana Smoothie

 Gluten-free, vegetarian

You can substitute any other fresh fruit that you have available — this is a delicious and healthy way to cool down on a hot day!

Ingredients:

2 cups strawberries, washed and stemmed

2 bananas, peeled and chopped

½ cup plain yogurt or strawberry yogurt

2 tablespoons honey

1 cup ice cubes

1. Place all ingredients in the blender.
2. Blend on high speed until smooth and serve.