

FRUIT SMOOTHIE

Serving Size: 6

INGREDIENTS:

- strawberries 1 cup
- blueberries 1 cup
- banana 2
- yogurt 3 tsp
- orange juice 1 cup
- sugar 1 tsp
- ice 1 1/2 cup

EQUIPMENT:

- blender

METHOD:

1. Place all ingredients in blender and blend until smooth

ENJOY ☺

