

BERRY BANANA SMOOTHIE

2 Banana, peeled, cut up & frozen
125 mL Fresh or Frozen Berries (1/2 cup)
500 mL Orange Juice OR (2 cups)
125 mL Frozen Orange Juice Concentrate (1/2 cup)
375 mL Water (1½ cup)
100 mL Yogurt (6 Tbsp)
Fresh or dried mint, optional

1. In a blender container, combine the frozen banana pieces, fruit, orange juice and yogurt.
2. Cover and blend until smooth.
3. To serve, pour into glasses.
4. Sprinkle with mint, if desired.

TIP: Keep frozen bananas on hand by placing peeled, cut-up, ripe bananas in a freezer container or plastic bag. Use the frozen banana pieces right from the freezer for this fruity shake.