



From the Kitchen of Susan Wagener

Blueberry/Strawberry/Banana Smoothie

You can use any fruits you like for this recipe. This recipe has tons of vitamins in it.

4 ounces of frozen Strawberries

4 ounces of frozen Blueberries

1 large frozen banana - I buy the sale bananas at the store, peel them and freeze them (one in a bag) to have on hand.

4 ounces of Vanilla Soy Milk



4 ounces of Odwalla - Blueberry flavor - I find this in the refrigerated produce section of our store

Blender with a Smoothie button or a Smoothie mixer

Put fozen fruit in first.

Pour in liquids

Press the Smoothie button. You made need to stop it a few times to stir it since all the fruit is frozen. We prefer the texture of it when the fruit is frozen. You can use fresh fruit if you prefer more of a drink.