



BANANA BERRY BLEND

SERVES
4

INGREDIENTS

- 1 banana, sliced
- 1 cup (250 mL) yogurt
- 1 ½ cups (375 mL) milk
- 1 cup (250 mL) fresh or frozen mixed berries
- 1 tsp (5 mL) vanilla

DIRECTIONS

1. Combine all ingredients in a blender and mix until smooth.

NOTES

Try using half plain yogurt to get used to a less sweet taste.

