



FRUIT SMOOTHIE

Ingredients (1 Serving)

- 3/4 cup milk or unsweetened plant-based beverages
- 1 banana
- 2 strawberries (fresh or frozen)
- 4 ice cubes (if using frozen fruit, omit the ice)

Ingredients (10 Servings)

- 7 1/2 cups milk or unsweetened plant-based beverages
- 10 bananas
- 20 strawberries
- 40 ice cubes (if using frozen fruit, omit the ice)

Directions

- If using fresh, wash the strawberries and take out the stem.
- Peel the banana and chop into chunks.
- Add all ingredients into the blender. Cover and blend on high speed until smooth.
- Pour into a cup and enjoy.

Hint: Pre-prepare the fruit smoothie ingredients. In a freezer safe container, measure out the strawberries, banana. Freeze. When fruit smoothie is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.