



Berry & Banana Smoothie



Serves
2

Ingredients

- 1 1/2 cups Creative Gourmet frozen Raspberries or Blueberries or Strawberries
- 1 banana, peeled and halved
- 2 1/2 cups reduced fat milk
- 1 tablespoon honey



Products Used In This Recipe

Method

1. Place frozen berries, banana, milk and honey in a blender. Blend until smooth. Pour into two tall serving glasses and serve immediately.