**Banana Strawberry Smoothie (2)**

Makes 2 smoothies

**Ingredients:**

1/2 banana

1 cups frozen strawberries

2 Tblsp non-fat plain or vanilla yogurt

1/2 cup low fat milk

1/4 cup orange juice

**Directions:**

1. Put all ingredients into blender starting with the liquids
2. Cover blender and start at slow speed. Increase gradually
3. Blend until smooth and creamy

Variations: 1 tablespoon of Peanut Butter

 Top with granola