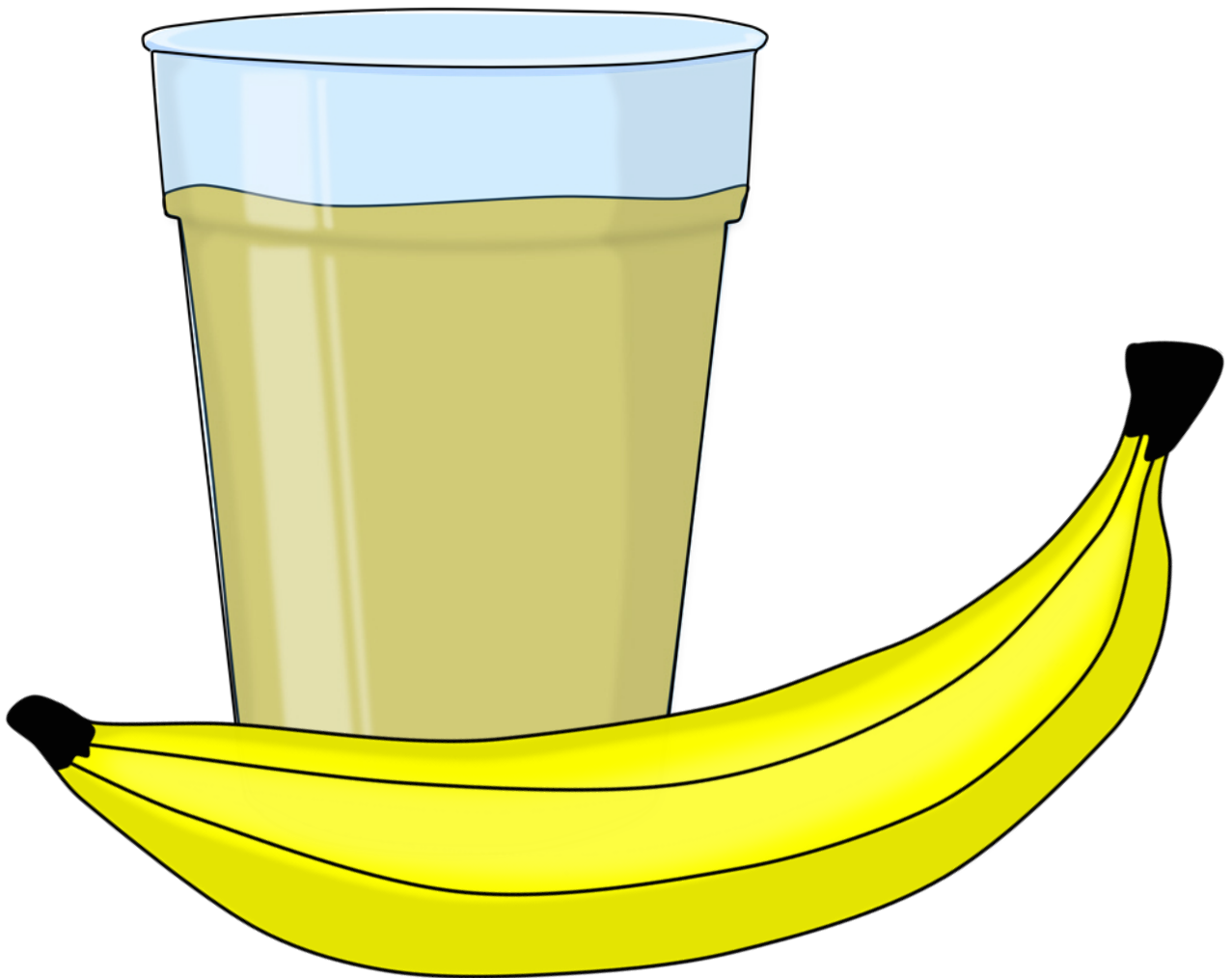


How to Make a
Banana
Smoothie



Ingredients

whole ripe banana

half an orange

third cup Greek yogurt

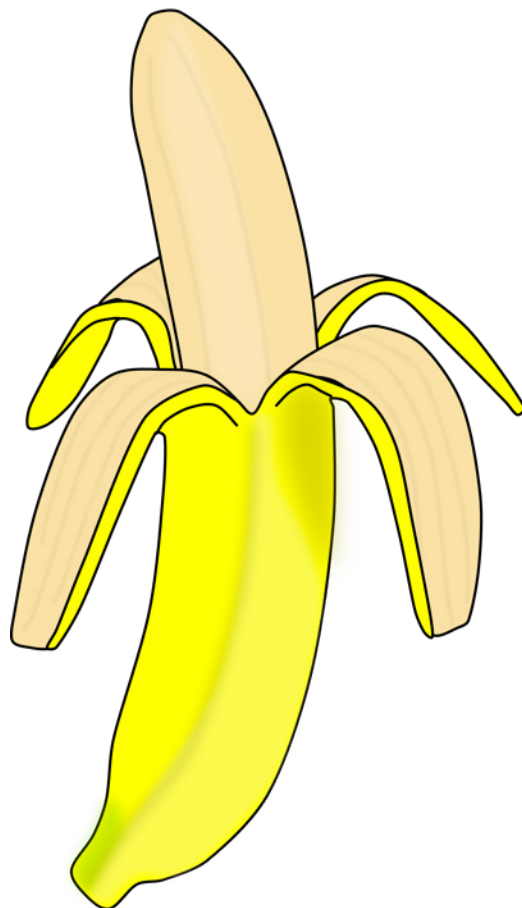
quarter cup of water or milk

1 or 2 teaspoons honey

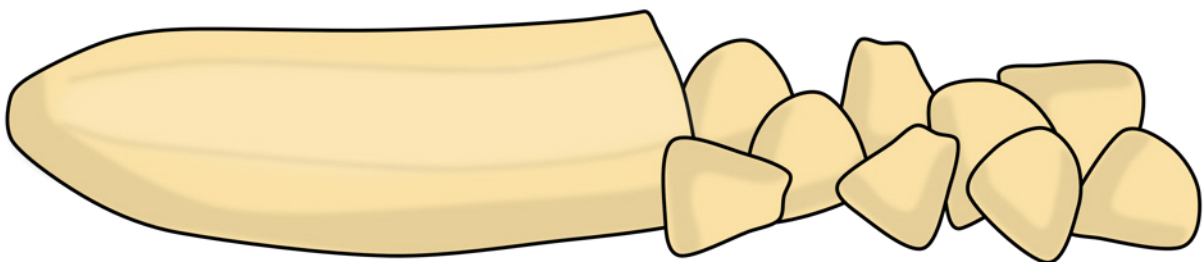


1

Peel the banana.

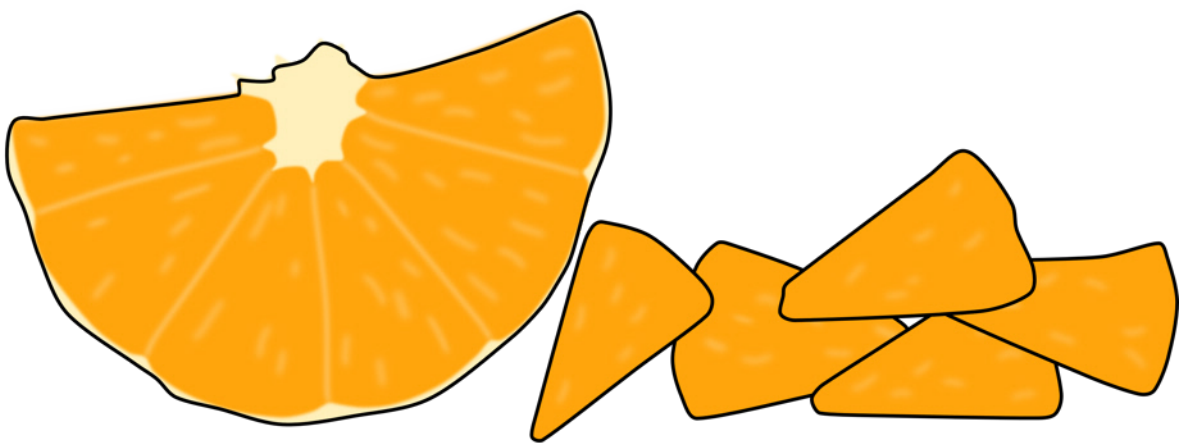


2 Roughly chop the banana.



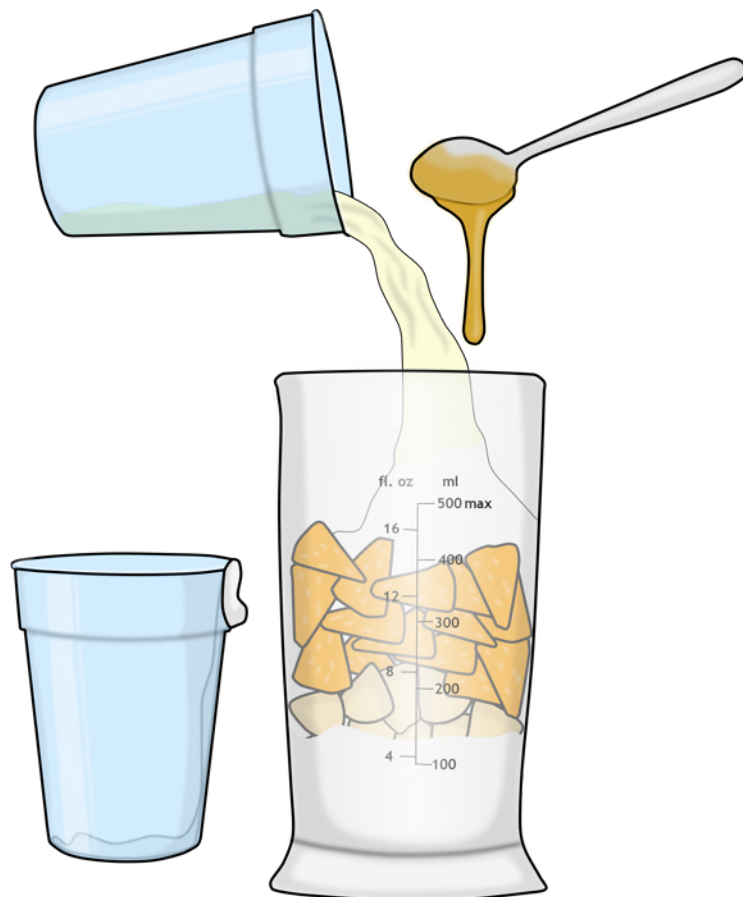
3

Peel and quarter the orange. Then cut into small pieces.



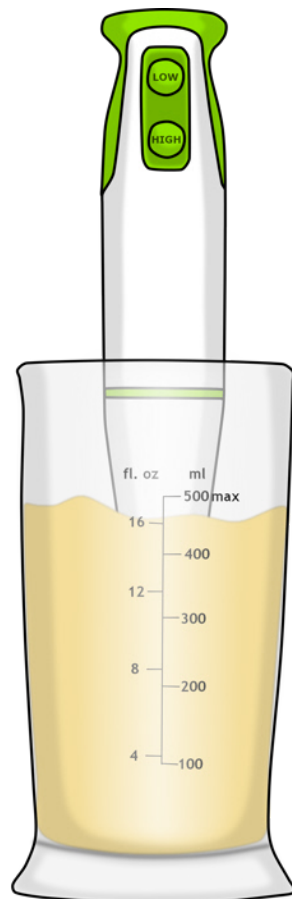
4

Add the fruit to a blender and top with the yogurt, water (or milk) and honey.



5

Turn the blender on and blend until the mixture is smooth and creamy.



6

Taste and add extra
honey if needed.
Then pour into a glass
and enjoy!

