Banana Berry Smoothies

2 cups plain fat-free yogurt

2 medium bananas, peeled and frozen

1 cup frozen whole strawberries, unsweetened

1 cup frozen mixed berries, unsweetened

1 tablespoon honey

Garnish with whipped cream and fresh berries.

In a blender combine yogurt, bananas, strawberries, mixed berries, and honey. Cover and blend until smooth. Serve immediately in a chilled glass. Garnish with whipped cream and fresh berries. Yields 3 servings.

Rebecca Faith Parrott

Intermediate

Panola County

Dairy Category