

WAKE~UP WITH
BANANA SMOOTHIES



WITH
ADVENTURES & RECIPES

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Bananas are cheap. We all love those fresh bright yellow skins, and dread the little brown spots. Instead of banana bread, or worse tossing out brown bananas. Peel them, cut them into

Banana Strawberry Smoothie

2 bananas- peeled, sliced and frozen
1 ½ cups strawberries- sliced and frozen
1 cup Greek yogurt- plain or honey
½ cup low-fat or almond milk
½ tsp vanilla
Blend and serve



That Nutty Banana

2 bananas peeled, sliced and frozen
1/2 cup smooth peanut butter
2 cups your favorite milk
2 tablespoons honey
½ tsp vanilla
Blend and serve

Use Your Imagination. Drink Happy.

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