

Organic Test Kitchen .com - Recipe *from the Blog entry:*

“Smooth & Easy Smoothies” Serving Size 1 Tall Glass Page 1 of 1

Checklist/Shopping List of Ingredients (use organic wherever possible)

2 Ripe Bananas

1 Cup Strawberries (after stems trimmed and being quartered)

1 Cup of Low-Fat Yogurt

1 teaspoon of natural organic honey

Preliminary (Prep the Fruit, Yogurt, Blender and Serving Glass)

Slice 2 Bananas and place them into a container and put in the freezer (check when half frozen that the pieces are not sticking to the container, if so unstick them at this point and return to the freezer)

Wash the Strawberries, trim the tops and quarter. Place in the freezer (check when half frozen that the pieces are not sticking to the container, if so unstick them at this point and return to the freezer)

Place one cup of Low-Fat Yogurt in the freezer about an hour prior to making your smoothie. This will vary depending upon your freezer temperature. You want to just cool the yogurt down to a minimum but not freeze it.

Place the blender container in the refrigerator and place your serving glass in the freezer (you want these items to contribute cold and not heat up your smoothie, the blender container is placed in the refrigerator as to not stiffen the seals).

The Main Event (The Smoothie)

Step #1

Take out your blender container. Add the bananas, strawberries, 1 teaspoon of honey and 1 cup of yogurt. Blend until smooth. Serve in the glass you have stored in the freezer..

Wishing you and your family the best. If it works better for your schedule do much of the prep work the night before so you're ready to go. Enjoy and live naturally!