

Savor Our Spring Harvest Recipe



BEST STRAWBERRY BANANA SMOOTHIE

4 large strawberries, fresh or frozen

1/2 c. milk

1 ripe banana

5 ice cubes

1 1/2 tsp sugar (opt.)

Combine strawberries, milk and ice. Blend until perfectly smooth. Add sugar. Blend for 1 minute. Makes approximately 32 oz.

Submitted by: Samantha Boyce

STRAWBERRY SMOOTHIE

2 c. vanilla ice cream

1 1/2 c. strawberries

2 tbsp. sugar

2 tsp. lemon juice

2 c. crushed ice

Combine in blender and process until smooth. Serve immediately. 4 cups

CREAMY DELIGHT SMOOTHY

1 banana

6 strawberries

1 c. milk

3 tbsp. yogurt

5 scoops of vanilla ice cream

1 c. cream

2 tbsp. apple juice

2 tsp. vanilla

Blend all ingredients and prepare to enter heaven!

BERRY - BANANA SMOOTHIE

2 bananas

2 c. fresh or frozen strawberries

1 c. milk

1 c. plain yogurt

Peel and slice the bananas. Wash and cut off the tops of the strawberries. Put the fruits, milk and yogurt in a blender and whirl away!

Instead of yogurt and milk use 1/2 cup of apple juice, 1 cup crushed ice and 1 tablespoon of honey.