**![C:\Documents and Settings\bishopa\Local Settings\Temporary Internet Files\Content.IE5\KK4Y22LZ\MC900445722[1].wmf]()Strawberry-Nana Smoothie**

**Ingredients:**

1 cup milk

1 banana

½ cup strawberries, frozen

1/2 cup vanilla yogurt

2 teaspoons honey

**Directions:**

1. Measure all ingredients, and put it in the blender.
2. Put the lid on the blender – blend.
3. Pour into cups and enjoy! ☺