

Banana Blueberry Smoothie

2 bananas
1/2 cups blueberries
1 cup plain yogurt
Peel bananas, slice and place on a cookie sheet.
Put in freezer and freeze until solid.
Remove from freezer and place in blender.
Slice berries and add to blender.
Pour in yogurt.
Blend until smooth.
Pour into glass and serve.

Dana's Tropical Fruit Smoothie



Submitted by: Dana
Rated: 4 out of 5 by 14 members

Prep Time: 5
Minutes

Ready In: 5 Minutes
Yields: 2 servings

"A favorite summertime breakfast of ours. Fruity and refreshing, and low fat!!"

INGREDIENTS:

1 (15 ounce) can crushed pineapple with juice	1 banana
1 cup plain yogurt	8 cubes ice
	1 cup orange juice

DIRECTIONS:

1. Combine undrained can of pineapples, yogurt, banana, and ice cubes in a blender. Blend while adding orange juice until fruit is pureed and it is the desired consistency.

Chocolate Banana Smoothie



Submitted by: Angie
Rated: 4 out of 5 by 34 members

Prep Time: 5
Minutes

Ready In: 5 Minutes
Yields: 1 servings

"A quick, cool, tasty treat, perfect for a hot summer day!"

INGREDIENTS:

1 banana	1 cup milk
1 tablespoon chocolate syrup	1 cup crushed ice

DIRECTIONS:

1. In a blender, combine banana, chocolate syrup, milk and crushed ice. Blend until smooth. Pour into glasses and serve.