

RECIPES FROM AL KRISMER PLANT FARM

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Banana Strawberry Smoothie

SUBMITTED BY: Jennifer V

"Banana extract provides this smoothie with a double dose of fruit flavor!"



PREP TIME **5 Min**
READY IN **5 Min**
Original recipe yield 1 smoothie

INGREDIENTS

- 1 banana, broken into chunks
- 1 teaspoon banana extract
- 3/4 cup milk
- 1 (8 ounce) container strawberry yogurt
- 2 teaspoons white sugar

DIRECTIONS

1. Place banana, banana extract, milk, yogurt, and sugar into a blender. Blend until smooth and serve.

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