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Fruit Smoothie Recipe

Prep Time: 10 minutes

Ingredient List:

1/2 cup blueberries
1 cup halved strawberries
1 fresh banana
1/4 cup sugar or equivalent amount Splenda
1/2 cup orange juice
2 cups fresh buttermilk
1/2 teaspoon vanilla

Kitchen Equipment Needed

kitchen mixer or smoothie blender

Instructions:

Step 1: Place all fruit in blender. Add sugar, orange juice, buttermilk, and vanilla.

Step 2: Process all of the ingredients until smooth and thoroughly mixed together.

This smoothie recipe makes 4 8-ounce servings.

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