

Common Sense COOKING

Smoothies

Most of your favorite fruits or fruits and vegetables can be combined into a drink packed with vitamins using this basic formula--a yummy way to boost your energy level for a great start to any day. Feel free to substitute your favorite fruits and juices

STRAWBERRY BANANA

1 cup fresh strawberries, hulled, coarsely chopped, cold

1 small banana, peeled, sliced, cold

1/2 cup unsweetened pineapple juice, cold

1 cups cold milk, regular, lactaid, soy, almond, coconut, rice or 1/2 cup yogurt and 1/2 cup water

1 Tablespoons honey

Place all ingredients in a blender and blend on high speed until smooth.

Pour into a glass and enjoy - Makes 2 servings