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Smoothies are delicious, make you feel good, and are good for you! You can make them in a blender with any combination of fresh fruit—fruit in season is always better than fruit that has been shipped along way or kept in cold storage.

Generally, most smoothie bars put either banana or mango in each of their smoothies. So you can make combinations of two or more fruits, making sure one of them is mango or banana. You should add vanilla yogurt or frozen yogurt. Another trick is to freeze the fruit before blending.

If you are having a smoothie instead of a meal, add protein powder or powdered milk. If you are having a smoothie as a snack, add a cup of ice cubes so it isn't so rich. Try experimenting with flavorings such as vanilla, almond extract, lemon juice and honey.

Tante Marie's Fresh Fruit Smoothies

Ingredients

4 fresh strawberries, hulled and wiped clean and frozen
1/2 banana peeled and sliced
1 Tbs. honey
1/2 cup orange juice
1 Tbs. lemon juice
1/2 cup vanilla yogurt (or vanilla frozen yogurt)
2 Tbs. protein powder, or powdered milk, if desired

Instructions

Place all ingredients in a blender and blend until smooth.