



Frontier Fruit Smoothies

In a blender add:

- 1 cup yogurt –any flavor you like, I used vanilla
- 1 Banana
- 1 Cup strawberries (or any berries you like)
- 2 Tablespoons orange juice
- 1 Tablespoon honey
- ½ Cup crushed Ice.

Blend

Serve –makes 2 classes