BERRY BANANA SMOOTHIE

SERVES 6

Preparation time: 15 minutes

INGREDIENTS

1½ cups vanilla nonfat yogurt or
1½ cups skim milk
⅔ cup orange juice
2 bananas, cut into chunks
1 cup strawberries, blueberries, raspberries, or a mixture of them
½ cup crushed ice
2 teaspoons honey

DIRECTIONS

1. Place all ingredients in a blender or food processor and blend or process. If too thick, add a little more milk.