

Banana and Blueberry Smoothie

Printed from Banana Recipes at <http://www.bananarecipes.us/>

Ingredients:

1 cup of plain yoghurt.
½ cup of blueberries.
2 bananas.

Preparation:

Peel the bananas, slice thickly and place on a baking tray.

Put in freezer and freeze until solid.

Remove tray from freezer and place the banana slices in a blender.

Slice the blueberries and add to blender.

Pour yoghurt into the blender.

Blend until smooth.

Pour into a glass and serve.