

Purple Fruity Smoothie

2 Frozen bananas, cut in chunks

1 Tablespoon honey

½ Cup frozen blueberries

1 Teaspoon vanilla extract

1 Cup orange juice

Place bananas, blueberries and juice in a blender, puree. Use honey and vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

Makes 5 servings, each serving has:

87 calories

21g carbohydrates

1.8g fiber

0.9g protein

Shelby Henson

Henderson County

Intermediate - Nutritious Snacks