



OUT OF THIS WHIRLED SHAKE

- Ready In: 5 minutes
- Serves: 2

Ingredients:

- 1/2 medium banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and blackberries)
- 1/2 cup low fat milk
- 1/2 cup 100% orange juice

Directions

- Place all ingredients in a blender container. Cover tightly. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again.



ALWAYS wash fruits and veggies when preparing for cooking or eating. When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission." to live not on the recipe card, but as the description of each image.