



# Main Street

## After-School Smoothie

### Ingredients:

- 2 cups frozen strawberries
- 2 bananas, peeled, cut into 1-inch pieces, and frozen
- 1/2 cup plain yogurt
- 1/2 cup apple juice
- 1 tablespoon honey

### Directions:

1. Put all ingredients into a blender, and blend on high until smooth. (Blender blades are sharp, so be sure to ask an adult to help with this step.)
2. Serve in tall glasses and enjoy!

Makes 2 servings.

