

STRAWBERRY BANANA SMOOTHIE

Prep Time: 5 min

Total Time: 6 min

Servings: 2

Ingredients

1 CUP 2% MILK (OR MILK OF CHOICE)

1 BANANA

1 CUP STRAWBERRIES

2 TSP HONEY

1/4 CUP WALNUTS

5.3OZ CONTAINER CLASSIC COTTAGE CHEESE

Directions

POUR MILK INTO BLENDER.

SLICE BANANA AND STRAWBERRIES.

ADD FRUIT, WALNUTS AND HONEY TO BLENDER.

BLEND UNTIL SMOOTH.

POUR INTO TWO GLASSES.

ENJOY!

Turner's