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by ewfood

Smoothie Lunch Twist

Ingredients

For smoothie: 5.3oz. frozen strawberries

1 banana

8fl oz. nonfat milk

For sandwich: 1 slice whole-grain bread

4 slices smoked turkey breast

Lettuce and tomato

Servings

1

Person

Preparation

- 1 To make the smoothie, combine frozen strawberries, banana and milk together in a blender
- 2 To make the sandwich, slice bread in half, spread Dijon mustard on each side, then layer turkey breast, lettuce and tomato between the halves
- 3 Serve with fruit of choice, like grapes, blueberries and a banana.

Cooks Note

Serves 1
