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Easy Banana Smoothie



Ingredients

2 peeled bananas

1 cup Milk (low fat or full cream depends on your dietary needs)

8 ice cubes

Sugar or honey to taste

Servings

2

Person

Preparation

- 1 Blend all ingredients and put the mixture in a glass of your choice. You can toss some sliced banana on top!
- 2 It's so easy which will give you enough carbohydrates in the morning! It might be a cool snack as well.

Cooks Note

Serves 2
