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by Mike

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 carbohydates in the morning! It might be a cool snack as well.

Cooks Note

Serves 2