

# Yogurt Fruit Smoothie

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## Ingredients:

2 cups vanilla yogurt (or fruit flavour)

1 banana (or other type of fresh fruit, approximately 1 ½ -2 cups) – cut up

½ cup frozen strawberries

½ tsp vanilla or almond extract

## Steps:

Blend until smooth.

*Northern Healthy Communities Partnership (NHCP) Recipe*

