

## **GORDON'S BANANA SMOOTHIE**

### **YOU WILL NEED:**

**1 BANANA**

**1/2 ORANGE, PEELED AND QUARTERED**

**OR... 1/2 CUP OF BERRIES**

**1/3 CUP GREEK YOGURT**

**1/4 CUP WATER OR MILK (DAIRY OR NON-DAIRY)**

**1 TO 2 TEASPOONS HONEY, OPTIONAL**

**SOME CUBES OF ICE.**



### **LET'S MAKE IT:**

**ADD EVERYTHING TO THE BLENDER.**

**[ REMEMBER TO PUT THE LID ON! ]**

**BLEND UNTIL CREAMY AND SMOOTH.**

**TASTE, AND ADJUST WITH MORE HONEY IF NEEDED.**

**GREAT BEFORE SCHOOL,  
AFTER SCHOOL, OR BEFORE SPORT.  
MMMM....**

