



In the Kitchen with Infants Students

BANANA AND BLACKBERRY SMOOTHIE

FRESH FROM THE GARDEN: Blackberries



Lemons



Blueberries



Tomatoes

Ingredients

- 2 cups blackberries
- 2 bananas
- 2 cups Greek yogurt
- 3 cups milk
- 2 teaspoons honey

Equipment

- Knife
- Chopping board
- Blender



Method

1. Peel and slice the banana.
2. Place all the ingredients into a blender.
3. Blend until thick and creamy
4. Pour mixture into glasses and serve.