

## Blueberry Banana Smoothie

A smoothie is the perfect way to get in fruit and veggies for a quick after school snack

PREP TIME 10 mins

TOTAL TIME 10 mins

SERVINGS 2 Servings

### Kitchen Gear

- Cutting board
- Dinner knife
- Measuring cup
- Measuring spoons
- Blender (adult needed)
- 2 glasses, lidded jars, or thermos

### INGREDIENTS

- 1 cup fresh or frozen blueberries
- 1/2 cup water, coconut water, or milk
- 1 cup plain yogurt
- 1/2 ripe or overripe, banana, peeled and sliced, frozen, if possible
- 1/2 teaspoon vanilla extract
- 2 ice cubes

### INSTRUCTIONS

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn on the blender to medium speed and blend until the mixture is smooth, 30–60 seconds.
3. Divide the smoothie equally between the glasses or jars and serve right away. Or fill the thermos just before heading out.

### NOTES

**THINK AHEAD** To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. And it's easy!

1. Peel a ripe banana.
2. Slice it into thin rounds.
3. Put the slices in a resealable plastic bag and put in the freezer.

**OR ELSE** No blueberries? No problem! This recipe is great with strawberries, raspberries, or even cut-up peaches.