



Recipe from: [My Catholic Tradition](#)

Strawberry and Banana Smoothie

SERVES FOUR

- 1 3/4 cups strawberries, plus extra, sliced, to decorate
- 2 ripe bananas
- 1 1/4 cups skimmed milk
- 10 ice cubes

Hull the strawberries.

Peel the bananas and chop them into fairly large chunks.

Put the fruit in a heavy-duty food processor or blender.

Process to a thick, coarse purée, scraping down the sides of the goblet as necessary.

Add the skimmed milk and ice cubes.

Process until smooth and thick.

Pour into tall glasses.

Top each with strawberry slices to decorate. Serve immediately.

Variation:

Papaya, mango or pineapple can be used instead of strawberries for a tropical drink.

For a rich and velvety drink, add 1/2 cup coconut milk and process as above. Reduce the volume of milk to 1/4 cup.