

# Strawberry Banana Smoothie

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

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- Ingredients**
- 250 g .....fresh strawberries
  - 2 .....bananas, peeled and chopped
  - 5 Tbsp .....sugar
  - 700 ml .....chilled yogurt
  - 300 ml .....chilled water
  - A few ice cubes (optional)

- Preparation :**
1. Blend the fruits, sugar and half of the yogurt in a food processor or blender until creamy.
  2. Add the remaining yogurt and water and blend again until smooth.
- Serve cold with ice cubes if desired.

**Serves :** Four-Five

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