

Recipe

Children's Smoothies

By

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Ingredients

¼ cup pineapple chunks
½ cup blueberries
½ cup sliced banana
½ cup sliced strawberries
1 cup yogurt
1 cup apple juice

Preparation

Mix all ingredients in the blender for less than one minute. In no time you will have a healthy breakfast drink for kids who are on the run. You can use any fruits or juice you may have.

Serves

2-3

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Hare Rama Hare Rama Rama Rama Hare Hare