

Raggs®

TRILBY'S SIMPLE PINK SMOOTHIE!



How to Make Your Easy, Tasty, Healthy Trilby Smoothie!

- 1 cup strawberries or cherries (frozen or fresh)
- 1 banana
- 1 cup yogurt
- 1 cup ice
- Splash of water
- Dash of cinnamon



Add ice and dash of water to blender first, then add other ingredients. Blend on high for 2 minutes or until smooth. You may need to stop blender and scrape sides once or twice.

You can add other healthy ingredients such as kale, spinach, flax, coconut milk and almond milk to your smoothie without altering the flavor. Spinach and kale will change the color of smoothie. Makes 2 large drinks.

