

Banana Smoothie Recipe

Ingredients

- 2 sliced bananas
- 1/2 cup of honey
- 1-1/2 cups of vanilla yogurt
- 3/4 tsp vanilla extract 1/2 cup of crushed ice

Direction:

- pour the ingredients in the following order into the blender:honey,vanila extract, sliced bananas, vanilla yogurt,crushed ice
- start blending with the normal speed
- increase the speed gradually till mixture become smooth
- pour the mixture into the glass and serve chill