

Betty's Frothy Fruit Smoothie Recipe



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In this video, Betty demonstrates how to make a refreshing and healthy Fruit Smoothie. A real energizer--great for summer or anytime! I like to have one right before a hard workout!

If you are interested in building a healthier body, please visit this website:
<http://juicediettips.com>.

Ingredients:

- 1/2 cup fresh strawberry halves, washed and capped
- 1/2 cup fresh pineapple chunks
- 1 sliced banana
- 1/3 cup Splenda (or sugar or other artificial sweetener)
- 1/2 cup skim milk (You may use regular or 2% milk.)

Place 1/2 cup halved strawberries, 1/2 cup pineapple chunks, 1 sliced banana, 1/3 cup Splenda or sugar, and 1/2 cup milk in a blender. Set to "blend" or "puree" and turn the blender on for 20 or 30 seconds, or until the mixture is smooth. Pour your Fruit Smoothie from the blender into an appropriately-sized glass. Spoon or drink your smoothie immediately! Yummy and healthy!!!
(Note: You may change the fruits to different fruits--and you may use just 1 or 2 fruits, or even more than 3, if you prefer. You may add more or less milk, depending on how thick you like your smoothie. This is just a good place to start!)