

BLUEBERRY BANANA SMOOTHIE BOWL

INGREDIENTS *(For 4)*

- 4 bananas
- 1 cup blueberries
- 1 cup milk of choice
- 1 tsp vanilla

INGREDIENTS *(Class Size: 24)*

- 24 bananas
- 6 cups blueberries
- 6 cups milk of choice
- 2 tbsps vanilla



DIRECTIONS

1. Add all ingredients to blender, and blend until smooth (do in multiple smaller batches for class size).
2. Enjoy right away, or add to a container for later enjoyment!

FACT

Blueberries are a source of antioxidants which help prevent cell damage.

COOKING TIP

If you replace cow's milk with a non-dairy beverage consider a "fortified" option to provide calcium and vitaminD in amounts similar to cow's milk.