

## **Strawberry Banana Smoothie**

### STEP 1

- 1 ripe banana
- 1 tsp vanilla
- 1 T honey (raw is best)

Whirl that around in the blender until very smooth.

### STEP 2

- 3 T extra virgin Coconut oil

Add this in while the blender is on. This way, you don't end up with oil on the sides of the blender and it will be well-mixed in the drink itself.

### STEP 3

- ¼ cup yogurt (I use plain, but you could test it with others)
- 1 cup orange juice (or pineapple, apple, grape – play around with it)

Whirl that around in the blender again.

### STEP 4

- 4 or 5 fresh or frozen strawberries (use any kind of berry or fruit)

Process in the blender until it is a uniform pink color.  
Serve and enjoy!!

\*\* I use coconut oil in this smoothie for all the health benefits that the oil provides. I am using this as part of my weight loss routine because coconut oil naturally suppresses your carb-cravings and boosts your metabolism. Find out more at HomeGrownMommy's other site, [www.NaturalHealthTutoring.com/the-wonders-of-coconut-oil](http://www.NaturalHealthTutoring.com/the-wonders-of-coconut-oil)

From the kitchen of [www.HomeGrownMommy.com](http://www.HomeGrownMommy.com)