

# Banana Berry Dynamo

## Ingredients

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries  
(strawberries, blueberries,  
and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup frozen orange juice concentrate

## Preparation

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

**Makes 2 servings.**

**One serving equals 1 ½ cups.**

**Preparation time: 5 minutes**

## COOKING CLUE:

Keep your leftover juice concentrate in the freezer for your next smoothie or add water to make it into juice.

