

SMOOTHIE

Becky Albeke

Dump a pint of frozen strawberries into your blender

(You did remember to pick & freeze strawberries in June, right???)..

Add:

2 cups milk

1/4 to 1/2 cup sugar, (depends on your sweet tooth!)

1 banana

Blend away!

If you choose to use fresh strawberries, add about 8 ice cubes so it'll be really thick.

You could add a raw egg & live on the wild side, too. That's it!