



## *Strawberry in the Park Smoothie*

Recipe Courtesy of Grand Manner Magazine  
featured in the Fall 2017 Issue

Prep Time: 15 minutes

Serving: 2

Ingredients:

- 1 cup of strawberries
- 2 cups of diced bananas to give  
your smoothie a pinky color
- 1 1/2 cup of milk
- 1/2 cup of crushed ice
- 1/4 cup of ginger ale
- 1 plain yogurt

Place your fruit in a plastic bag and place in the freezer, once fruit is frozen, remove and then place in the blender add your other ingredients - bananas, milk, crushed ice, ginger ale and yogurt.

Blend at medium speed for a minute or two. Don't blend too much, you want the smoothie nice and thick.

Pour into mason jar, drop a strawberry in the smoothie, add a decorative straw and serve.

Of course, you can add to your smoothie whatever you like, top it with whip cream, nuts, chocolate chips or sprinkles. Be cool and smooth...

Source: Grand Manner Magazine-Fall Issue 2017  
[www.grandmanner.com](http://www.grandmanner.com)

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