



BERRY GOOD SMOOTHIE

INGREDIENTS

1x ripe banana

1x bottle Yakult Original or Yakult LIGHT

2x tablespoons of frozen berries

1/2 cup of milk (of your choice)

A sprinkle of cinnamon powder

Ice (optional)

DIRECTIONS

1. Place all ingredients into a blender.
2. Blend until mixture is smooth and there are no lumps. Pour into a glass.
3. Enjoy!

Yakult