

Orange Creamsicle Smoothie

1 cup almond milk, unsweetened (or other milk)	1 medium sized banana
1 large orange peeled	1 tsp. vanilla extract
1 container (6 oz.) Yoplait orange creamsicle yogurt	1 tsp. truvia or other sweetener
	1/2-1 cup ice depending on desired thickness

Remove banana peel and slice into coins. Freeze the banana.

Combine all ingredients in blender. Blend until smooth.

(1 cup ice will make larger/thicker smoothie - 1/2 cup for less icy taste.)

Chocolate Peanut Butter Banana Shake

1 banana, frozen	2 Tbsp. fat-free Greek yogurt
1/2 cup vanilla or chocolate almond milk	2 Tbsp. peanut butter
1 Tbsp. cocoa powder	1 tsp. agave or honey

Place all ingredients in blender. Blend until smooth and creamy.

If the shake is too thick, add a little more almond milk.

Pineapple-Banana Slush

2 cans crushed pineapple	7 large bananas
2 cans frozen lemonade	4 cups <i>hot</i> water
2 cans frozen orange juice	

In large bowl, mash the bananas; add pineapple, lemonade, orange juice and water; mix well. Freeze.

Before serving, mash mixture; stir in 7-Up or cherry soda.