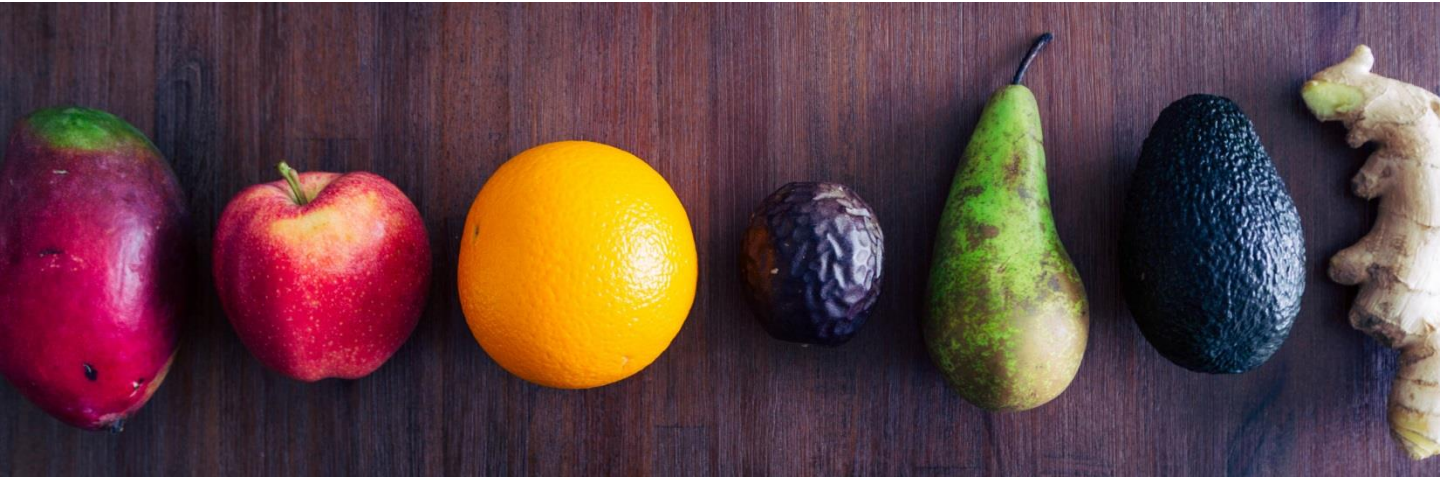




**Smooth**me

 **smooth\_\_me**



## *Berry Banana Smoothie*



- 1 cup of frozen raspberries, blueberries, blackberries & strawberries
- 1 banana
- 1 little slice of ginger
- If you want to sweeten a bit, use stevia or honey