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# Firecracker Smoothies

*Cool, easy and fun. Just like the 4th of July.*

- 1, 17-oz. container Greek vanilla yogurt, divided in thirds
- 1 banana, divided in half
- 1 cup milk, soy milk or almond milk, divided in half
- 1 cup strawberries
- 1 cup blueberries
- Honey or sugar



1. In a blender, combine a third of the Greek yogurt, half of the banana,  $\frac{1}{2}$  cup milk and strawberries. Blend until well combined and smooth. Add honey or sugar to taste, if desired, and reblend.
2. Carefully divide and pour the strawberry smoothie mixture between 3 glasses. With the next third of yogurt, add a layer to each glass.
3. Rinse out the blender and repeat Step 1, using blueberries in place of the strawberries. Pour the blueberry smoothie mixture on top of the yogurt layer in the glasses.
4. Top smoothies with fresh berries and refrigerate until ready to serve.

Makes 3 smoothies