

RECIPES & INSPO

ZEE ZEE'S®



STRAWBERRY BANANA APPLESAUCE SMOOTHIES

Yield: 4 smoothies

Ingredients

- 1 cup Frozen bananas
 - 1 cup Frozen strawberries
 - ½ cup Vanilla or plain yogurt
 - 4.5 oz cup Zee Zees® Strawberry Banana Applesauce
- Optional garnish: strawberries and bananas

Preparation

- 1) Combine all ingredients in a blender
- 2) Blend on low for 1 minute
- 3) Decorate with sliced fresh strawberries and bananas if desired - then enjoy!



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