

# Apple Banana Smoothie



## Ingredients:

- 1 banana peeled, fresh or frozen
- 1 apple peeled, cored and chopped
- ½ cup milk of choice
- 1 cup of ice cubes if bananas are fresh and not frozen

## Instructions:

- In a blender, combine all ingredients, cover and blend until smooth (1-2 minutes). Add milk or water if it is too thick.

