

Coconut Milk Smoothie

From Elita Loresca

Ingredients:

-1 10-ounce bag frozen blueberries or other fruit

-3 ripe bananas

-1 cup plain yogurt

-1 cup unsweetened coconut milk

-2 tablespoons honey

Instructions:

In a blender, puree the blueberries, bananas, yogurt, coconut milk, and honey.
Serve.