

Ashley's Delicious Smoothies

1 cup ice
1 cup fat free milk
1 firm ripe banana*
2 Tbsp chocolate milk mix

Throw it all in blender and blend until smooth.

For a more creamy treat add 1 cup low fat ice cream (your flavor choice), top with fat free whipped topping and a cherry!

* ½ cup frozen strawberries or blueberries can be added or exchanged for banana.