

Strawberry Mango Smoothie



Ingredients:

2/3 cup	Milk (can be 2% or your choice)
1/4 cup	Banana, chopped (or about a half of a banana)
6 oz.	Vanilla yogurt (we used Greek yogurt)
2 Tablespoons	Wheat germ
2 Tablespoons	Strawberry Mango Jam
Dollop (optional)	Sugar free frozen whipped topping

Directions:

Combine milk, banana, yogurt, wheat germ and Strawberry Mango Jam in a blender. Cover and blend until smooth. Pour into glass, dollop with whipped cream.

