

# ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

## Cooking at the Y - My go-to banana smoothie!

Recommended for all age groups

### Resources/Ingredients:

- Banana
- Vanilla ice-cream or Greek yogurt
- Milk or water
- To make the smoothie

### Instructions:

1. One banana makes one large or two smaller smoothies.
2. For the best tasting smoothie use a ripe banana. For a creamy smoothie use frozen banana slices.
3. Choose either ice-cream or yogurt and scoop in a few spoons
4. To help the ingredients blend with water or milk.
5. Combine everything into the blender and mix until smooth.

