

## Berry and Banana Frullato

### Equipment

Food processor  
Measuring cups  
Measuring spoons  
Chopping board  
Knives

### Ingredients

1 cup fresh or frozen berries  
1 cup low-fat milk  
1 cup ice cubes  
½ large banana, peeled, sliced  
1 tablespoon maple syrup

### How TO MAKE IT:

- 1 Combine first 4 ingredients in blender. Add 1 tablespoon maple syrup and blend until smooth, adding more maple syrup to taste, if desired.
- 2 Pour smoothie into serving glasses.

