

Strawberry Banana Smoothie



Calories: 432
Total Fat: 26 g

2 servings | Serving size: 1 glass

INGREDIENTS

- ½ cup whole milk
- ½ cup heavy whipping cream
- 1 banana
- 1¼ cups strawberries (fresh or frozen)
- ¾ cup lemon sherbet
- 2 tablespoons dry skim milk powder

DIRECTIONS

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a large glass or cup.

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