



# Strawberry banana smoothie

## Ingredients

2-1/2 cups (625 mL) frozen MOOV Sliced strawberry and bananas  
2 cups (500 mL) Your favourite fruit juice

## Steps

Process all ingredients in a blender at high speed until smooth.

Serve immediately.

ICE POPS: Pour the mixture into ice lollypop moulds with sticks and freeze until set. Ideal for your children.

SUMMER SPLASH: Replace 1/2 cup (125 mL) of the juice with white rum, and replace the remainder of the juice 1 1/2 cups (375 ml) with coconut milk and add 1 tbsp (15 mL) fresh lime juice for a tasty summer strawberry banana colada.

TIPS: Use Moov frozen fruits straight from the freezer for a thicker beverage.

TIPS: You may adjust the texture of your smoothie by adding more or reducing the amount juice. Adjust quantities according to your taste.

TIPS: You may substitute the juice with milk or soy milk.

TIPS: If desired, add 1/3 cup (75 ml) of yogurt or ice cream.

TIPS: For a sweeter beverage add a little honey or brown sugar to taste or top your smoothie with whipped cream.

## Preparation time :

3 minutes

**Portions :** 4 cups (1 L)

**Product :** Moov Sliced Strawberries and Bananas

**Product code :** 1114

**Type :** Fruit blends

**Format :** 12 x 600 g

## Preservation :

Keep frozen at 0°F or -18°C or below. Take out desired amount and return any product not used immediately to freezer. Do not refreeze if thawed.

## Preparation :

Thaw product at room temperature or use frozen. Use any way you would use fresh fruit or incorporated into your favourite recipe.