

ALL-PURPOSE SMOOTHIE

Serves 2 to 3.

By Dennis W. Viau; modified from a Perfect Blend recipe.

The Perfect Blend app named this “all-purpose” because a variety of fruits can be substituted for those in the original recipe. I prepared it according to their instructions and made a smoothie that sweet and delicious enough to serve as a dessert.

Ingredients:

1¾ cups (410ml) milk
5 ice cubes (1 oz. each)
4½ ounces (130g) frozen strawberries
4½ ounces (130g) banana (about half)
2 1-ounce scoops (60g) protein powder
1¼ ounces (35g) sliced almonds
2 tablespoons honey

Directions:

Combine all the ingredients, in the order above, in the jar of a high-end blender such as a Vitamix. Start blending at low speed and slowly increase the speed to high. Blend about 40 seconds or until smooth.

If using a blender that might be damaged by ice, use 5 fluid ounces (150ml) water with thawed ingredients.

