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# BANANA

## SMOOTHIE

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## INGREDIENTS

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- TWO MUGS SOY MILK
- THREE QUARTERS OF CUP OF BANANA
- A DROP OF HONEY
- SOME ICE CUBES

## METHOD

Start to create your smoothie with two cups of soy milk, after which add three quarters of a cup of banana to give a nice creamy consistency. Add a dash of honey and finally add ice cubes for a thick and frozen smoothie.

