

MAKE-AHEAD FREEZER SMOOTHIES

SERVINGS: 1

PREPPING TIME: 5 MIN

INGREDIENTS

- 3/4 cup liquid { juice, milk, water }
- 3/4 cup to 1 cup frozen fruit
- 1/2 banana
- Honey/ Sweetener to taste (optional)

DIRECTIONS

1. This recipe is for one 12 oz {approx}- freezer smoothie that will fit into a 16 oz mason jar, leaving enough room in the jar for freezing.
2. You can multiply this recipe by the total number of mason jars you're wanting to fill.

simply home with *Sherry*
