

STRAWBERRY BANANA SMOOTHIE

INGREDIENTS:

½ CUP PLAIN YOGURT
2 CUPS STRAWBERRIES FROZEN
1 BANANA FRESH OR FROZEN
1 CUP MILK OR ALMOND MILK
2 TEASPOONS HONEY OPTIONAL
½ TEASPOON CHIA SEEDS OPTIONAL



INSTRUCTIONS

Place frozen fruit in the blender, add remaining ingredients.

Blend until smooth. Serve immediately.

Leftover blended smoothie can be frozen in cubes for future use.

Recipe Notes

For a thicker smoothie, add less milk.

More recipes

<https://www.spendwithpennies.com/recipe-index/>

Menu

May

2021



1st week

* Monday 3rd May

Waldorf salad
Chicken stew with pasta
Chocolate milk

* Tuesday, 4th May

Spanish potato salad
Baked ham with frites
Canned peach

* Wednesday 5th May

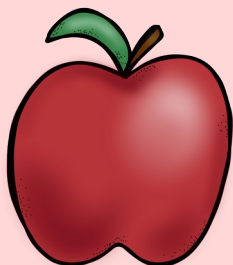
Creamy peas soup
Grilled salmon with steamed potatoes
Seasonal fruit

* Thursday, 6th May

Pasta soup
Homemade pannini
Seasonal fruit

* Friday, 7th May

Grilled cauliflower
Shrimp fideuà
Yogurt



2nd week

* Monday 10th May

Green peas with ham
Battered cod with salad
Seasonal fruit

* Tuesday, 11th May

Vegetable soup
Turkey schnitzel with frites
Cheese and quince paste

* Wednesday, 12th May

Chickpeas with vegetables
Spanish omelette with tomato sauce
Seasonal fruit

* Thursday, 13th May

Broccoli with garlic
Beef seafood paella
Petite suisse

* Friday, 14th May

Pasta soup
Marinated roast pork with frites
Chocolate milk

3rd week



* Wednesday, 19th May

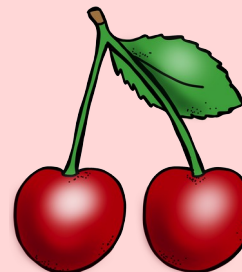
Creamy carrot soup
Fried eggs with fried potatoes
and chorizo
Seasonal fruit

* Thursday, 20th May

Boiled eggs with green beans
Beef pie
Chocolate milk

* Friday, 21st May

Rice three delights.
Battered hake with salad
Seasonal fruit



4th week

* Monday, 24th May

Salad
Spaghetti bolognese
Seasonal fruit

* Tuesday, 25th May

Creamy spinach soup
Russian fillets with frites
Seasonal fruit

* Wednesday, 26th May

Italian style salad
Grilled pork loin with potatoes
Caramel flan

* Thursday, 27th May

Broccoli with garlic
Turbot with salad
Seasonal fruit

* Friday, 28th May

Creamy cabbage soup
Cod crumbs rice
Chocolate milk

5th week

Monday 31st May

Riojan style potatoes
Macaroni Tuna Casserole
Seasonal fruit

