

## **Fruit Smoothie**

We were eating at this (what I call) “Fru Fru” restaurant full of the latest trends in eating. On the menu was a strawberry smoothie for six dollars. Of course, each of my kids wanted one. Not only was the thing expensive, but it took for ever! The waiter came out and explained that making a smoothie was an art.

Well, I had to taste an artfully made, six dollar smoothie just to see what the big deal was. I couldn't believe it! It was like they just dropped some strawberries in a blender and mixed them up. I told my kids that I could make one better. I came home and, after some tinkering, here is the result.

8 oz Strawberries (fresh or frozen)  
1 Banana  
5 Ice cubes  
1 Cup of Heavy Cream  
¼ Cup Sugar  
1 TBS Vanilla Extract

Place all items in a blender and start blending. You may have to stop and tamp the ingredients if the blender “cavitates”. Once you're on liquefy and the whole thing is moving, stop blending and serve.