

## Super C Strawberry Smoothie (Vegan, Gluten-Free, Soy-Free)

This recipe is one of my favorite summer basics. It is naturally packed with Vitamin C and potassium, and a perfect pick me up during strawberry season. Though you can enjoy it year round with frozen strawberries.

If you are using fresh strawberries, I recommend freezing the banana chunks in advance, as some frozen fruit gives it the best texture. Always place the fresh fruit in your blender first, followed by the frozen. This will help less powerful blenders to get going.

### Super C Strawberry Smoothie

Recipe from the Sips and Smoothies section of Go Dairy Free: The Guide and Cookbook

#### Ingredients:

- 1 Medium, Very Ripe Banana, broken into chunks\*
- 1 Cup Sliced Fresh or Frozen Ripe Strawberries
- 1/2 Cup Orange Juice (fresh squeezed is heavenly if you have it)
- 1/2 Cup Ice (optional)

#### Directions:

Toss the banana, strawberries, and orange juice into your blender, and process until smooth. If desired, blend in some ice for a thicker, frostier treat.

Yields 1 to 2 servings