



Catholic Health Initiatives

Imagine better health.®

Banana Berry Celery Smoothie

Serves 4

Prep time:

Approximately 10 minutes

Ingredients:

5 pieces of celery, chopped

2 bananas, chopped

1 red apple, chopped

1 cup water

1 cup strawberries, frozen

1 cup raspberries, frozen



Quick & Healthy

Directions:

Put all ingredients into blender and blend until smooth. Pour into glass. Garnish with low-fat whipped topping if desired. Enjoy!

Harvest of the Month
celery