

In the Kitchen with Jessica.

Strawberry Banana Smoothie Recipe.

Ingredients List: One cup frozen strawberries, One banana, One cup skim milk, Two cups non fat frozen yogurt.
(Substitutions: Almond or soy milk)

Place all ingredients into a blender, mix until desired consistency. You may add more milk to make it thinner.

Refreshing Summer Drink Recipe.

Ingredients List: Lemonade, sparkling water.
(Substitutions: You may use any fruit juice to make this drink)

Fill your glass with ice. Pour $\frac{3}{4}$ of the glass with lemonade. Fill the remaining part of the glass with sparkling water. Garnish with fresh lemon slices.