



A great idea if you are on the go and enjoy a great and healthy smoothie for breakfast. You can change up the frozen fruit to your taste. Just add your favorite smoothie ingredients and blend. Adapted from Pinterest.

### Ingredients:

- 16 ounces frozen whole strawberries
- 16 ounces frozen raspberries
- 16 ounces frozen peaches
- 4 medium bananas, cut in half

Divide equally into 8 bags and freeze.

When ready to use pour frozen fruit into the blender along with 1 cup of liquid. You can use water, juice, milk, etc. You can also add yogurt, kefir, wheat germ, flax oil, or whatever you desire.

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# Smoothie Packs by Lynn's Recipes

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Lynn's Recipes: July 2012  
www.lynnrecipes.com

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