



BANANA MILK SMOOTHIE

- 1 Cup Milk
- 1 Medium Size Ripe Banana
- 1 Think Slice Lemon with Peel
- 1 Cup Ice
- Grated Nutmeg

DIRECTIONS

1. Put all ingredients except nutmeg into a blender.
2. Cover and process at high speed until all ingredients are thoroughly blended.
3. Serve topped with nutmeg.