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Serving: 1 Veg

## Ingredients

- <sup>1</sup>/<sub>4</sub> banana sliced
- <sup>1</sup>/<sub>4</sub> cup fresh cherries
- <sup>1</sup>/<sub>2</sub> cup plain nonfat Greek yogurt
- 1 teaspoons honey
- 1 teaspoons grated ginger
- 3-4 ice cubes

## Preparation Method

• Combine the bananas, cherries, yogurt, honey, ginger and ice cubes in a blender, and puree until smooth