



FEBRUARY IS NATIONAL HEART AWARENESS MONTH.

TRY THIS HEART SMART
SMOOTHIE!!



Strawberry Banana Sunrise Smoothie

Cut up fresh fruit and place on wax paper on a flat dish that will fit easily in your freezer. When it is frozen, place in a freezer bag. You'll always have fruit on hand to make healthy smoothies!

- 1 8oz. carton vanilla yogurt
- 1/2 cup frozen strawberries
- 1/4 cup apple juice
- 1 frozen banana, chopped

Place all ingredients in a blender, cover and blend until desired consistency. Serves 2.

**This is a great way to use fruit that is about to become overripe!

THIS ENTITLES BEARER TO:

20% off Strawberries

20% off Bananas

AT Murphrees Fruits and Vegetables

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Cahaba Heights, AL 35243

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THIS ENTITLES BEARER TO ONE **FREE**

FITNESS ASSESSMENT (body fat analysis,
weight, blood pressure), ONE PERSONAL

NUTRITIONANALYSIS, **PLUS** a ONE-ON-ONE

PERSONAL TRAINING SESSION AT ICON
PERFORMANCE.

3156 Sunview Dr.

Birmingham, AL. 35243

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applies to new clients only.

For a **FREE** recipe e-book with
tons of heart healthy smoothie
recipes go to

www.iconperformanceonline.com



