# Strawberry Banana Smoothie

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| Ingredients With Measurements  * 1 1/2 cup raspberries * 1 cup strawberries * 1/2 frozen banana * 1 cup almond milk      * 1 tablespoon honey or maple syrup * 1 1/2 cups ice |

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| |  |  | | --- | --- | | Raspberries | Strawberries | | Banana | Almond Milk | | Honey | Ice |  Ingredients Without Measurements |

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| Recipe Combine the raspberries, strawberries, banana, almond milk, honey or maple, and ice in a blender. Blend until smooth.  Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey. |