

# Blueberry Banana Smoothie

Cuisine	Smoothie
Difficulty	Easy
Preparation Time	10
Cooking Time	0
Calories Per Serving	220
Ingredients	Blueberries, fresh or frozen Banana, peeled and sliced Greek yogurt Almond milk Honey Chia seeds (optional)
Instruction	In a blender, combine blueberries, banana, Greek yogurt, almond milk, and honey. Blend until smooth and creamy. Add chia seeds for extra nutrition and blend briefly. Pour into a glass and enjoy this nutritious Blueberry Banana Smoothie!