





Strawberry Banana Smoothie

 PREP TIME	5 minutes
 TOTAL TIME	5 minutes
 SERVINGS	2 servings
 AUTHOR	Holly Nilsson



★★★★★
5 from 35 votes

Sweet bananas and juicy berries come together in seconds to create a perfect snack or breakfast on the go!

Ingredients

- 1/2 cup plain yogurt
- 2 cups strawberries frozen
- 1 banana fresh or frozen
- 1 cup milk or almond milk
- 2 tsp honey optional
- 1/2 teaspoon chia seeds optional

Instructions

1. Place frozen fruit in the blender, add remaining ingredients.
2. Blend until smooth. Serve immediately.
3. Leftover blended smoothie can be frozen in cubes for future use.

Notes

For a thicker smoothie, add less milk.

Nutritional information does not include chia seeds or honey.

Nutrition Information

Calories: 190, Carbohydrates: 33g, Protein: 7g, Fat: 4g, Saturated Fat: 2g, Cholesterol: 13mg, Sodium: 82mg, Potassium: 703mg, Fiber: 4g, Sugar: 23g, Vitamin A: 330IU, Vitamin C: 89.8mg, Calcium: 251mg, Iron: 0.7mg (Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

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