

Simple Strawberry Smoothie Recipe

The BEST Simple Strawberry Smoothies Recipe that has nothing to prove. It requires only 3 ingredients and a minute to make!



Prep Time

5 mins

Total Time

5 mins

Course: Drinks Cuisine: American Servings: 4 cups

Calories: 169kcal Author: Sommer Collier



5 from 93 votes

Ingredients

- 3 cups frozen strawberries
- 1 1/2 cups milk, any variety
- 1/3 cup strawberry jam

Instructions

1. Place the frozen strawberries, strawberry jam and milk in the blender.
2. Place the lid over the top.
3. Puree until smooth.

Notes

Mix it up! Try using blackberry preserves and frozen blackberries or mango jelly with frozen chunks of mango.

Nutrition

Serving: 8ounces | Calories: 169kcal | Carbohydrates: 32g | Protein: 3g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 9mg | Sodium: 49mg | Potassium: 307mg | Fiber: 2g | Sugar: 23g | Vitamin A: 160IU | Vitamin C: 66mg | Calcium: 126mg | Iron: 0.6mg