

Smoothie, Strawberry-Banana

Yield: 1 servings
Preparation Time: 5 minutes
Category: Breakfast
Cuisine: American
Rating: ★★★★★



Ingredients

1 Banana
6 Strawberries
2/3 c Milk

2 tsp Chia Seeds
3 Yogurt Cubes
8 Ice Cubes

Instructions

Slice **Banana** into blender.

Cut stems from **Strawberries**. Add strawberries approximately equal to quantity of banana.

Add **2/3 Cup milk**, then **2 tsp Chia Seeds**.

Add **3 Yogurt cubes** and **8 ice cubes**.

Blend until all cubes are blended. If the mixture has difficulty blending, add 1 tbsp milk until it begins to blend.

Nutritional Information

Nutritional information reflects amount per serving.

Calories 239

Total Fat (g) 7

Saturated Fat (g) 4

Cholesterol (mg) 22

Sodium (mg) 90

Total Carbohydrate (g) 37

Dietary Fiber (g) 4

Sugars (g) 25

Protein (g) 9

