

Perfect Strawberry Smoothie

★★★★★ 5 from 11 reviews

Prep Time: 5 minutes **Cook Time:** 0 minutes

Yield: 2 small smoothies



Here's the most perfect strawberry smoothie you'll find! It's easy to blend up and has the best creamy texture and fruity flavor. Variation: try our [Strawberry Banana Smoothie](#) (2 ingredients and vegan!).

Ingredients

- 2 cups frozen strawberries
- 1 banana (room temperature)
- ¼ cup Greek yogurt*
- 1 cup milk (or almond milk or oat milk)
- 1 ½ tablespoons maple syrup, honey, or agave syrup
- ½ cup ice
- Optional add-ins: 1 tablespoon almond butter, ¼ teaspoon vanilla, fresh mint leaves or basil leaves

Instructions

1. Place all ingredients in a blender, breaking the banana into pieces. Blend until creamy and frothy, stopping and scraping down the sides as necessary. If desired, garnish with a frozen strawberry and mint sprig. Serve immediately or store in a covered jar in the refrigerator for 2 days.

Notes

*For vegan: make a Strawberry Banana Smoothie! Blend 2 cups frozen strawberries, 2 bananas (room temperature), ½ cup water and 8 ice cubes.

nutrition facts

Serves 2

Calories Per Serving: **245**

		% DAILY VALUE	
Total Fat 2.3g	3%	Saturated Fat 1g	
Total Carbohydrate 51.2g	19%	Dietary Fiber 6.2g	22%
Sugars 34g		Protein 8.9g	18%
Vitamin A 9.4µg	1%	Vitamin C 96.2mg	107%
Calcium 238.7mg	18%	Iron 1.9mg	10%
Vitamin D 0µg	0%	Magnesium 60.8mg	14%
Potassium 811.4mg	17%	Vitamin B6 0.3mg	20%
Vitamin B12 0.9µg	37%		