



3 INGREDIENT
strawberry banana
SMOOTHIE

This is a super simple 3 ingredient strawberry banana smoothie! You can use regular cows milk or any other milk alternative, like almond, oat, soy, or coconut. Also, you can substitute or add in any other fruits or leafy greens, like raspberries, blueberries, spinach, or kale - whatever you have available. If you want the smoothie to be on the cooler side, freeze the strawberries or bananas overnight, make sure to cut the banana before freezing it. Or leave the ingredient unfrozen and add a handful of ice-cubes into the blender before blending. Enjoy this refreshing smoothie on a sunny, warm day!

Ingredients

- 1 ripe banana sliced about 1/2 cup
- 10 ounces frozen sliced strawberries you can also use fresh
- 1/2 cup milk

Instructions

1. Place the strawberries, bananas, and milk in a blender. Puree until smooth and creamy