



Strawberry Banana Smoothie

Makes 2 servings. Recipe from Gimme Some Oven.

Ingredients

- 2 cup frozen strawberries
- 1 fresh banana, peeled
- 1 cup almond milk
- 1 cup ice

Nutritional info

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| Calories: | 193 |
| Total fat: | 12g |
| Total Carbs: | 23g |

Recipe Variations

- **Greens:** Toss in a large handful of fresh baby spinach or kale to make this a green smoothie
- **Ginger:** Add in an inch or so of fresh ginger to give this smoothie a bit of an extra kick.
- **Vanilla:** Add in a 1/2 teaspoon or so of vanilla extract for extra flavor.
- **Greek yogurt:** Add in 1/2 cup of plain (or vanilla) Greek yogurt to make this smoothie a bit more creamy.
- **Powders:** Add a scoop of protein powder, acai powder or maca powder.
- **Seeds:** Add in at least a spoonful of either chia seeds, hemp seeds or ground flax seeds too.

Directions

1. Add all ingredients to a blender and pulse until smooth.
2. If the mixture seems too thick, add in extra milk (or water). If it seems too thin, add in extra strawberries or banana.
3. Serve immediately and enjoy!