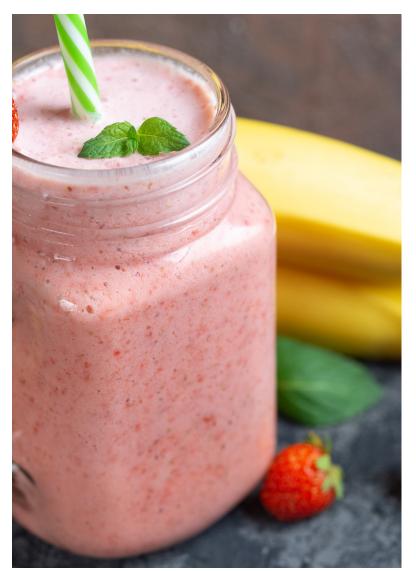


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Strawberry Banana Smoothie

Makes 2 servings. Recipe from Gimme Some Oven.

Ingredients

2 cup frozen strawberries1 fresh banana, peeled1 cup almond milk1 cup ice

Nutritional info

Calories: 378
Total fat: 29g
Total Carbs: 33g

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!