

# Strawberry Banana Smoothie

1 SERVING 5 MIN

## INGREDIENTS

- 1/4 - 1/2 cup low-fat milk
- 1/4 cup low-fat greek yogurt
- 1/2 sliced and frozen banana
- 1/2 cup strawberries



## PROCEDURE

1. Place all ingredients in a blender; blend until smooth, 3 to 4 minutes.



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