

Strawberry, Banana & Almond Milk Smoothie

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/almond-milk-pakistani-recipe>

Ingredients:

- 1 1/2 banana ripe
- 1 cup strawberries
- 1/2 cup almond milk
- 2 tablespoons flaxseed meal ground

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 3 grams
6. Sodium: 15 milligrams
7. Sugar: 8 grams

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