

Berry Banana Greek Yogurt Smoothie

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-smoothie-recipe-low-carb>

Ingredients:

- 6 ounces Greek yogurt Blueberry
- 1 banana
- 4 frozen strawberries
- 1/4 cup cold water
- 4 ice cubes
- 2 tablespoons hemp seeds optional