

Banana Berry Smoothie

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/holiday-berry-yogurt-recipe-my-cafe>

Ingredients:

- 1 cup mixed berries frozen
- 1 banana medium, peeled
- 1 cup milk soy milk or almond milk
- 1/2 cup yogurt strawberry banana, or substitute your favorite flavor
- berries Additional, for garnish, if desired, optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 20 milligrams
4. Fat: 6 grams
5. Fiber: 11 grams
6. Protein: 9 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 110 milligrams
9. Sugar: 22 grams

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