

Strawberry Banana Smoothie

Yield: 2 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/strawberry-yogurt-pies-i-recipes>

Ingredients:

- 2 cups strawberries fresh, halved
- 1 banana quartered and frozen
- 1/2 cup greek yogurt
- 1/2 cup milk

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 15 milligrams
4. Fat: 3.5 grams
5. Fiber: 5 grams
6. Protein: 7 grams
7. SaturatedFat: 2 grams
8. Sodium: 75 milligrams
9. Sugar: 23 grams

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