

Banana Smoothie

Yield: 1 min
Total Time: 5 min

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

Ingredients:

- 1 cup banana sliced, frozen is best, about 1 large banana
- 1/4 cup greek yogurt plain or vanilla
- 1/4 cup milk dairy, almond, oat milk, etc.
- 1/4 teaspoon vanilla extract

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 15 milligrams
4. Fat: 3.5 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 75 milligrams
9. Sugar: 25 grams

Thank you for visiting our website. Hope you enjoy Banana Smoothie above. You can see more 16 banana smoothie recipe with greek yogurt Unleash your inner chef! to get more great cooking ideas.