

# Valentine Smoothie

Yield: 2 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-valentine-recipe>

## Ingredients:

- 2 bananas
- 1 cup nondairy milk
- 4 strawberries
- 1/4 cup blueberries

## Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 48 grams
3. Fat: 3 grams
4. Fiber: 6 grams
5. Protein: 7 grams
6. Sodium: 85 milligrams
7. Sugar: 28 grams

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