

# Strawberry Banana Greek Yogurt Smoothie

## Ingredients

- 1 cup fresh or frozen strawberries
  - 1 ripe banana (fresh or frozen)
  - ½ cup plain Greek yogurt (or vanilla if preferred)
  - ¾ cup unsweetened almond milk (or milk of choice)
  - 1 tablespoon chia seeds or ground flaxseeds (optional)
  - ½ teaspoon vanilla extract (optional)
  - Ice cubes (optional, for a thicker texture)
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## Instructions

1. Add strawberries, banana, Greek yogurt, and almond milk to a blender.
2. Add seeds and vanilla extract (if using).
3. Blend until smooth and creamy (about 45–60 seconds).
4. Adjust thickness with ice or milk if needed.

5. Serve immediately and enjoy!

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## **Health Benefits**

- Greek yogurt offers high-quality protein and probiotics for gut health.
- Strawberries provide antioxidants and vitamin C for immune support.
- Banana delivers potassium and natural energy.
- Chia or flaxseeds add fiber and healthy fats.
- Almond milk is a light, dairy-free base that's easy on digestion.