

Strawberry Banana Smoothie

INGREDIENTS:

- 2 cups fresh strawberries
- 1 banana, quartered & frozen
- 1/2 cup Greek yogurt
- 1/2 cup milk



INSTRUCTIONS:

- Add all ingredients to a high powered blender and blend until smooth.



HelpingtheHomefront.org

** recipe from Downshiftology.com

Disclaimer: Consult with your physician before starting this or any new health regimen or supplement program, especially if you have allergies to any of the listed or related products, are under the care of a physician or other medical professional, or have any other health problems. No specific health benefit is implied or promised from this material.

Disclaimer: Adult supervision is recommended for the above recipe