

Banana Blueberry Smoothie Recipe



Banana Blueberry Smoothie Recipe with yogurt is a creamy, healthy drink. This banana blueberry fruit combo drink rich in vital nutrients and a nice energy booster after work out or have it for breakfast. You can use frozen banana and berries to make this yummy smoothie. For vegan, use almond milk instead of yogurt. Try this blueberry banana smoothie at home, you will love it.

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Prep time

2 mins

Cook time

2 mins

Total time

4 mins

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Recipe type: Drinks

Cuisine: american

Serves: 1

Ingredients

- 1 Ripe Banana
- 20 Blueberries
- $\frac{1}{2}$ Cup of Yogurt or Greek yogurt
- Honey to taste

Instructions

1. Wash the blueberries and chop the banana.
2. Place banana, blueberries, honey and yogurt into blender and blend until smooth or desired consistency, scraping sides occasionally.
3. Pour into glass and serve!

Notes

You can use any berries, if you don't get blueberry.

For sweetness, use sugar or honey or agave.

For vegan, use almond milk instead of yogurt.

