

# 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.

Also check [strawberry banana smoothie recipe](#), [Chocolate banana smoothie](#), [Anti-aging berry medley smoothie](#), [Power Berry Smoothie Recipe / Post Workout Smoothie](#).

# Banana Blueberry Smoothie Recipe

## Banana Blueberry Smoothie Recipe



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Prep time

2 mins

Cook time

2 mins

Total time

4 mins

Banana Blueberry Smoothie Recipe with yogurt is a creamy, healthy drink. This fruit combo rich in vital nutrients and a nice energy booster.

Author: Gayathri Ramanan

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

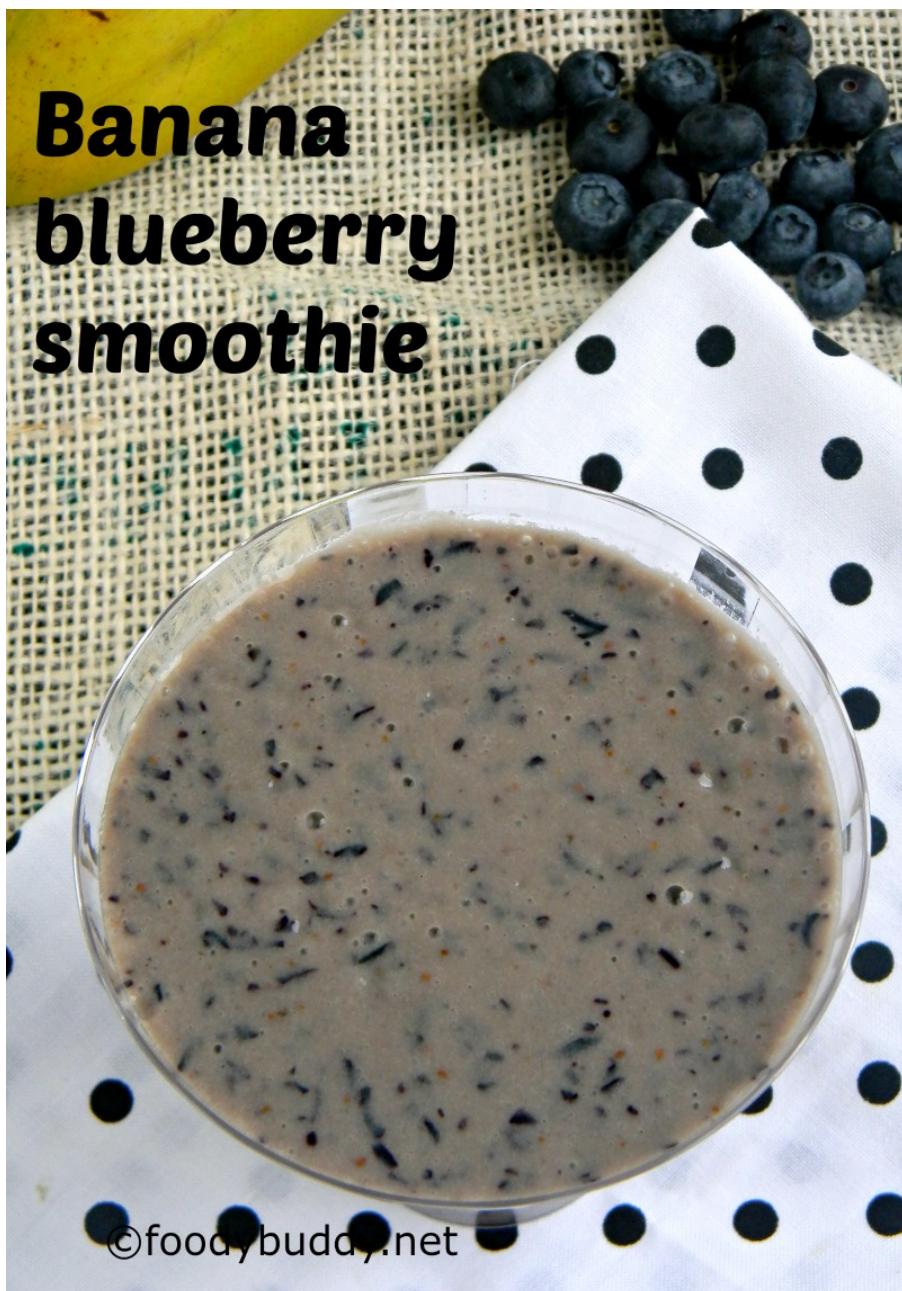
1. Wash the blueberries and chop the banana.
2. Place banana, blueberries, honey and yogurt into blender and blend until smooth or desired consistency, scraping sides occasionally.
3. Pour into glass and serve!

#### 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.



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# **Power Berry Smoothie Recipe /**

## **Post Workout Smoothie**

## Power Berry Smoothie



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I have loved smoothie these days. I wanted to try different smoothie with available seasonal fruits. This power berry smoothie recipe is a delicious and very quick to make

smoothie, they are packed with fruits like blueberries, blackberries, banana and apple. When you sip this smoothie, you feel relaxed and you can enjoy all the flavors. I really like the tartness of berries, sweetness from honey, banana and apple adds creaminess to smoothie. You can have this smoothie for breakfast or as an evening snack. It's a perfect post workout smoothie.

## Power Berry Smoothie Recipe / Post Workout Smoothie



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Prep time

5 mins

Cook time

5 mins

Total time

10 mins

Power berry smoothie are packed with blueberries, blackberry, banana and apple. Start your day with this power packed smoothie, also it is a great post workout smoothie.

Author: gayathri ramanan

Recipe type: smoothie

Cuisine: American

Serves: 1 glass

Ingredients

- 25 Blueberries
- 15 Blackberry
- $\frac{1}{2}$  Apple
- $\frac{1}{2}$  Banana
- 3 Tsp of Honey or to taste
- $\frac{1}{2}$  Cup of Milk

## Instructions

1. Place all the ingredients in a blender and blend it until it turns smooth.
2. Add honey and mix well with spoon.
3. Pour into a glass and serve for breakfast or as evening snack.

## Notes

You can add greek yogurt in place of milk.

Add sugar or agave instead of honey.

For vegan version, add almond milk or soy milk.



## Berry Smoothie

Tags: [power berry smoothie](#), [power berry smoothie recipe](#), [berry smoothie](#), [smoothie recipe](#), [smoothie recipe ideas](#), [how to make berry smoothie](#), [prepare smoothie at home](#), [post workout](#)

[smoothie recipe](#), [breakfast smoothie](#).

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## **Strawberry Banana Smoothie** **Recipe With Milk**

# Strawberry Banana Smoothie



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This Strawberry Banana smoothie recipe is quick, healthy and easy to make smoothie. This smoothie is not only creamy & delicious but they are rich in vitamins, minerals and anti-

oxidants. You can also make strawberry banana smoothie with vanilla flavored yogurt. For vegan version, add almond milk or soy milk in place of yogurt or milk. If you like strawberries and banana, then you will definitely love this yummilicious smoothie. You can serve this low-fat refreshing drink for breakfast / lunch / dinner.

## How to make Strawberry Banana smoothie recipe

### Ingredients for Strawberry Banana smoothie recipe with milk

Preparation Time: 10 mins Blending Time : 5 mins Serves: 2

- 6 oz (170 gms) of Strawberries
  - 1 Ripe Banana
  - 2 Tsp of Honey
- 1/2 Cup of Full Fat Milk

### Method for Strawberry Banana smoothie recipe with milk

- Wash the strawberries.
- Place strawberries, banana, milk and honey in a blender.
  - Blend it to smooth purée.
  - Pour it into a serving glass.
- Yummy strawberry banana smoothie is ready to serve.

### Tips

- Serve with ice cubes or ice cream.
- If your smoothie is thick, add little more milk.
- If you got leftover shake, pour it into a pop mould or ice tray.
- Replace honey with sugar or agave or maple syrup

# Strawberry Banana Smoothie with Milk



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