

# 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 yumilicious 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



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