

Creamy Strawberry Bliss Smoothie

Indulge in this refreshing and healthy strawberry smoothie, perfect for a quick breakfast or a revitalizing snack. Packed with protein and antioxidants, it's a delicious way to boost your day!



Smoothie

5 min

Total time

easy

Difficulty

250

kcal / serving

Ingredients

- 1 cup fresh strawberries
- 1/2 cup plain Greek yogurt
- 1/2 banana
- 1/2 cup almond milk (or any milk of choice)
- 1 tablespoon honey (optional)
- 1 teaspoon chia seeds (optional)

Steps

- 1 Wash the strawberries thoroughly and remove the stems.
- 2 In a blender, combine the strawberries, Greek yogurt, banana, almond milk, and honey.
- 3 Blend on high until smooth and creamy.
- 4 If desired, add chia seeds and pulse a few times to mix.
- 5 Pour into a glass and enjoy immediately!