

# Strawberry Banana Smoothie

**Prep Time: 5 mins**

**Total Time: 5 mins**

**Serves 1 to 3**



This refreshing strawberry banana smoothie recipe comes together in seconds in the blender. Perfect for hot summer afternoons or as a healthy breakfast.

## Ingredients

- 0.75 cup raspberries
- 0.5 cup strawberries
- 0.25 frozen banana
- 0.5 cup almond milk, or oat milk
- 0.5 tablespoon honey or maple syrup
- 0.75 cups ice
- Handful of mint or basil, optional

## Instructions

1. Combine the raspberries, strawberries, banana, almond milk, honey or maple, basil, if using, and ice in a blender. Blend until smooth.
2. Taste. If it's too tart for you, add another 1/2 cup or so of almond milk and another tablespoon of honey or maple.

## Notes

Optional step, strain to remove seeds: Blend all ingredients except ice. Strain the liquid to remove strawberry seeds, return to blender, add ice and pulse until combined.

Find it online at <https://www.loveandlemons.com/strawberry-banana-smoothie/>