

## Strawberry Banana Smoothie

*Source: Food Network Magazine*

**Yield: 1 strawberry-banana smoothie**

### **Ingredients:**

1 banana  
1 cup strawberries  
1/2 cup vanilla yogurt  
1/2 cup milk  
2 teaspoons honey  
Pinch of ground cinnamon

### **Directions:**

1. Blend the banana, strawberries, yogurt, milk, honey, cinnamon and 1 cup ice in a blender until smooth. Pour into a glass.

### **Nutritional analysis:**

Calories 373 calories

Total fat 6g

Saturated Fat 3g

Carbohydrates 73g

Dietary Fibre 6g

Sugar 56g

Protein 12g

Cholesterol 18mg

Sodium 137 mg



Photo:- Freepik.com