

Strawberry Banana Smoothie

Ingredients:

1. 340 grams of yogurt
2. 1 bag of frozen or the equivalent in fresh strawberries
3. 1 large banana
4. 2 Tablespoons of honey or to taste

Directions:

1. If strawberries are frozen, defrost
2. In a blender, add all the ingredients and blend until it is blended into a smoothie like consistency

