

Strawberry Smoothie

Easy strawberry banana smoothie recipe ready in 5 minutes. Creamy, healthy blend of frozen strawberries, banana, yogurt and milk. Perfect breakfast drink!

5 min

PREP

5 min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 10 strawberry
- 1 cup plain yogurt
- 1 cup milk
- 1 tsp honey
- 1 banana

Instructions

1 Prepare the blender

Add 1 cup of milk to your blender first, followed by 1 cup of yogurt.

2 Add 10 frozen strawberries and 1 banana to the blender.

3 Add 1 teaspoon of honey or sugar for sweetness.

4 Blend the smoothie

Blend on high speed for 60-90 seconds until the mixture is completely smooth and creamy with no visible chunks of fruit.

5 Stop the blender and check the consistency - it should coat the back of a spoon but still pour easily.

6 Pour the smoothie immediately into 2 chilled glasses and serve right away for the best texture and flavor.

Tips

Use frozen strawberries for the thickest, most ice-cream-like consistency without diluting the flavor with ice cubes.

Always wash fresh strawberries thoroughly and remove stems before freezing them yourself for future smoothies.

Start with less milk and gradually add more until you reach your desired consistency – you can always thin it out, but it's harder to thicken.

Freeze ripe bananas when they start to get spotty – they'll be sweeter and create a creamier texture in smoothies.

Add liquid ingredients to the blender first, followed by soft ingredients, then frozen fruits on top for easier blending.

If your smoothie is too tart, add a small amount of honey or maple syrup rather than processed sugar for natural sweetness.

Let frozen ingredients sit for 2-3 minutes before blending if your blender struggles with very hard frozen fruit.

Rinse your blender immediately after use to prevent ingredients from sticking and make cleanup easier.