

Muzlu Smoothie

Creamy banana smoothie recipe ready in 5 minutes! Made with frozen banana, milk, yogurt and honey. Perfect healthy breakfast or snack.

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HAZIRLIK DK	TOPLAM DK	PORSİYON	ZORLUK

Muzlu Smoothie

Malzemeler

- 1 banana
- 1 orange
- 1 cup plain yogurt
- 1 cup milk
- 1 tsp honey

Yapılış

- Prepare ingredients**

Remove 1 frozen banana from freezer and let sit for 2-3 minutes to soften slightly for easier blending.
- Peel and roughly chop 1 fresh orange into 6-8 pieces, removing any seeds.
- Blend smoothie**

Add 1 cup milk to blender first, followed by 1 cup yogurt.
- Add the softened frozen banana pieces and orange pieces to the blender.
- Blend on high speed for 60-90 seconds until completely smooth and no chunks remain.
- Add 1 teaspoon honey and blend for an additional 15 seconds until well incorporated.
- Taste and adjust consistency by adding more milk if too thick or more frozen banana if too thin, blending briefly after each addition.
- Serve**

Pour smoothie into a chilled glass and serve immediately while cold.

İpuçları

- Use overripe bananas with brown spots for maximum sweetness and the best flavor profile in your smoothie.
- Freeze bananas in slices on parchment paper first, then store in bags to prevent them from clumping together.
- Start with less liquid and add gradually while blending to control the final consistency of your smoothie.

Add frozen fruits instead of ice cubes to maintain flavor intensity while achieving the perfect cold temperature.

Blend liquid ingredients first, then add frozen fruits to reduce strain on your blender motor.

Store pre-portioned smoothie ingredients in freezer bags for quick morning preparation throughout the week.

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