

# Banana Berry Smoothie



**Greek Yogurt version - 12g Protein, makes 1 cup**

Ingredients:

- 1/2 cup frozen berries
- 1/2 frozen banana (I find it best to slice it and freeze the slices)
- 1 5oz Greek Yogurt – plain (no sugar) or vanilla (13g sugars)
- 1/4 cup Almond Milk (optional to thin smoothie, as needed)

Instructions:

- Combine all ingredients in a blender. Blend until smooth.
- Add Almond milk as needed to thin smoothie.