

Banana Berry Smoothie

Ingredients

- 1/2 cup frozen berries, such as blueberries and strawberries
- 1/2 medium banana, frozen if possible
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup milk or unsweetened almond milk
- 1-2 teaspoons honey

Instructions

1. Add all ingredients to a blender and pulse until smooth. Serve immediately.

View the recipe video on YouTube here: https://www.youtube.com/watch?v=oTkzD_uAvk