

Foodnity Recipes

Strawberry Smoothie – Refreshing Healthy Drink

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 1 ½ cups fresh strawberries, hulled
- [ ] 1 cup Greek yogurt (plain)
- [ ] 1-2 tbsp honey
- [ ] ¼ cup ice cubes
- [ ] ½ tsp fresh lemon juice

Optional Add-ins

- [ ] ½ ripe banana
- [ ] A pinch of sea salt
- [ ] Fresh mint leaf for garnish

Instructions

1. Wash the strawberries, remove the stems, and pat them dry; this keeps the blend clean and bright.
2. Place the strawberries and lemon juice in the blender; pulse a few times to release their juices.
3. Add the Greek yogurt, honey, and ice cubes; blend on high until smooth and creamy.
4. Taste and adjust sweetness with a drizzle of honey if needed; blend briefly again.
5. Pour into chilled glasses, garnish with a whole strawberry or mint leaf, and serve immediately.

Nutrition per serving

210 kcal	12 g	35 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the smoothie is too thick, add a splash of milk or water.
- For extra chill, use frozen strawberries instead of ice.
- A tiny pinch of sea salt can enhance the berry sweetness.