



Strawberry-Banana Smoothies

Prep 15 m Ready In 15 m

Recipe By: Diabetic Living Magazine

“Planning a kids' party? This creamy fruit drink recipe makes a delicious alternative to soda or sweet juice drinks.”

Ingredients

- 4 cups sliced fresh strawberries
- 1 medium banana, sliced
- 1 (6 ounce) container vanilla low-fat yogurt
- 1 cup ice cubes
- 1 kiwi fruit, peeled and sliced (optional)

Directions

In a blender, combine strawberries, banana, and yogurt; cover and blend until smooth. With blender running, add ice cubes, one at a time, through hole in the lid; blend until smooth. Pour into 8 small glasses. If desired, garnish with kiwi fruit; serve immediately.