



Eat Well

Almond Berry Banana Smoothie

Directions

Put all ingredients in a blender. Blend until smooth.

Ingredients

- » 6 large strawberries
- » 1 sliced banana
- » 1 cup frozen blueberries
- » 6 ounces Greek yogurt
- » 1 cup skim milk
- » 1/4 cup almonds

Find more Altru dietitian approved recipes at altru.org/enrich

