



Strawberry-Almond Smoothie

GF
option

INGREDIENTS

1 ½ cups organic strawberries, hulled and halved
1 organic medium banana, peeled, sliced, and frozen
1 cup Full Circle Market organic unsweetened original almond milk
1 ¼ cups Hy-Vee plain Greek yogurt
3 tbsp Full Circle organic almond butter
2 tbsp Full Circle Market organic 100% orange juice
1 tbsp organic ground flaxseed

PREPARATION

- 1 Place strawberries in a blender. Add banana, almond milk, Greek yogurt, almond butter, orange juice, and flaxseed. Cover and blend until smooth. Pour into 2 (12-ounce) glasses. Garnish with additional strawberries, if desired.

NUTRITION FACTS

Calories: 290
Total Fat: 16g
Saturated Fat: 1.5g

Sodium: 140mg
Carbohydrates: 32g
Fiber: 8g
Sugar: 17g
Protein: 11g