Almond Strawberry Banana Yogurt Smoothie

**INGREDIENTS**

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

### DIRECTIONS

1. Cut the tops off of five of the strawberries.
2. Place the strawberries, banana, blueberries, yogurt, milk, and almonds in a blender or food processor. Blend until smooth and creamy. Garnish with a strawberry.

Makes four cups or two 16-ounce servings. Save the extra serving in the fridge or share it with a friend. If you only want one serving, just halve the recipe.

 