**Strawberry Banana Smoothie**

1 C. milk
1 C. vanilla yogurt
1 C. frozen strawberries
1 small banana cut up

Put everything in a blender. Blend for one minute.

**Super Simple Strawberry Smoothie**

1 C. frozen strawberries
1 C. vanilla yogurt
1 C. milk

Put everything in a blender. Blend for one minute.

**Strawberry Kiwi Smoothie**

4 large strawberries
2 peel kiwi fruits
1/2 C. vanilla yogurt
1 C. whole milk

Blend the strawberries, kiwis, and milk first until smooth, then add the yogurt and blend for about 1 minute.