**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.