

# Summer Sweet Smoothies

Adsy.Pw · 11/10/2025



**Prep Time**

15

**Difficult**

Easy

**Servings**

1

## Description

Summer Sweet Smoothies by Adsy.Pw

## Ingredients

- 1 cup frozen fruit (your choice — see ideas below)
- 1 banana (adds creaminess and natural sweetness)
- $\frac{3}{4}$  cup Greek yogurt (plain or vanilla)
- $\frac{1}{2}$ – $\frac{3}{4}$  cup milk (dairy or plant-based: almond
- oat
- coconut
- etc.)
- 1–2 tsp honey or maple syrup (optional
- to taste)
- Ice cubes (optional
- for thicker texture)

## Instructions

1. Blend it up: Add all ingredients to a blender — start with liquid first. Blend on high for 30–60 seconds
2. until smooth and creamy. Adjust consistency: Add more milk for a thinner smoothie. Add ice or extra frozen fruit for a thicker one. Serve immediately: Pour into chilled glasses and enjoy fresh! Optionally top with chia seeds
3. coconut flakes
4. or fresh fruit slices.