

Strawberry Smoothie

By Martha Rose Shulman

Updated Feb. 25, 2025

Total Time 5 minutes

Rating ★ ★ ★ ★ ★ (707)



Christopher Testani for The New York Times. Food Stylist: Simon Andrews.

This will taste like a strawberry shake if you use a banana that is truly ripe. Frozen strawberries will lend it a shake-like texture.

INGREDIENTS

Yield: One 16-ounce or two 8-ounce servings

- 1 medium-size or large, ripe banana
- 1 heaped cup fresh or frozen hulled strawberries
- 1 cup milk
- 1 teaspoon honey
- ½ teaspoon vanilla extract (optional)
- 2 to 3 ice cubes

PREPARATION

Step 1

Place all of the ingredients in a blender and blend until smooth. Serve right away.

TIP

Advance preparation: Smoothies should be made and drunk right away. This will thicken and lose flavor if it sits.

Private Notes

Leave a Private Comment on this recipe and see it here.