

Simple Strawberry Smoothie with Jackie's Jams



Ingredients:

- 1 cup fresh or frozen strawberries
- 1 banana, peeled and sliced
- 1 cup milk (or non-dairy milk of your choice)
- 1/2 cup plain Greek yogurt
- 1-2 tablespoons Jackie's Strawberry Jam
- 1/2 teaspoon vanilla extract (optional)
- ice cubes (optional)

Instructions:

Wash the strawberries and remove the stems.

Add the strawberries, sliced banana, milk, Greek yogurt, Jackie's Strawberry Jam, and vanilla extract (if using) to a blender.

Blend the mixture until smooth. If the mixture is too thick, you can add some more milk or water.

Taste the smoothie and adjust the sweetness as desired by adding more honey or maple syrup.

If you prefer a colder smoothie, you can add some ice cubes to the blender and blend until they are completely crushed.

Pour the smoothie into glasses and enjoy!

Note: You can also add other fruits or Jackie's Jams to your smoothie, such as blueberries, raspberries, mangoes, spinach, or chia seeds, to give it a different flavor or add extra nutrients.

Jackie's Jams