



## Banana Smoothie

It is the creamiest and most delicious banana smoothie. This is simple and packed with protein, fiber and potassium.

### Ingredients

- 2 cups frozen banana
- ½ cup nonfat plain Greek yogurt
- ½ tbsp. ground flax seeds
- 1 cup unsweetened plain almond milk
- 1 tsp. vanilla extract

### Procedures

1. Peel the banana, making sure you remove the strands as well. Add it to a food processor or blender in bite-sized chunks.
2. Add the milk, ice cubes, yogurt, and sweetener.
3. Blend and serve.