

***Twisted Banana. Healthy food options at your front door.***







Home About us Menu Gallery Locations

***About us:***

***We are a local business that specializes in making healthy food alternatives. We come to you! (more)***

***Meet the owners:***

***Lakysha Morgan is the owner of the business. (Picture and write-up of owner(s))***



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***Our Menu***

***Smoothies - $?.?? Fruit Cups - $?.??***

**Banana Smoothie** – 2 cups of frozen sliced banana, ½ cup nonfat plain Greek yogurt,1/2 tablespoon ground flax, 1 cup unsweetened plain almond milk, 1 teaspoon vanilla extract

**Strawberry-Banana Smoothie** - frozen or fresh strawberries and bananas, ½ cups of spinach, 1 cup of almond milk, 1 cup of ice, ½ cup nonfat plain Greek yogurt

**Apple Smoothie** - 2 4-oz apple sauce cups, frozen, 1 cup unsweetened almond milk or any milk, 2 tablespoon of rolled oats, 2 tablespoons of nut butter, 1 teaspoon of ground flax seed, 1 teaspoon maple syrup, ¼ teaspoon ground cinnamon

**Triple-Berry Smoothie** - 1.5 cups frozen triple berry mix, 1 medium frozen banana, ½ tablespoon chia seeds, ¼ cup vanilla protein powder, 1.25 cups unsweetened almond milk

**Mango Smoothie** - 2 cups frozen mango slices, 1 15-oz.can light coconut milk, ½ tablespoon flaxseed meal, 1 large frozen banana

**Peach Smoothie** - 1 medium banana, 1 ripe peach, 1 6 oz low fat peach yogurt, ¼ cup orange juice, 1 cup small ice cubes

**Watermelon Smoothie** - 1 ½ cups watermelon cubed, 1 cup strawberries trimmed, ½ cup milk, 1 tsp lemon juice, 2 Splenda sweetener packets

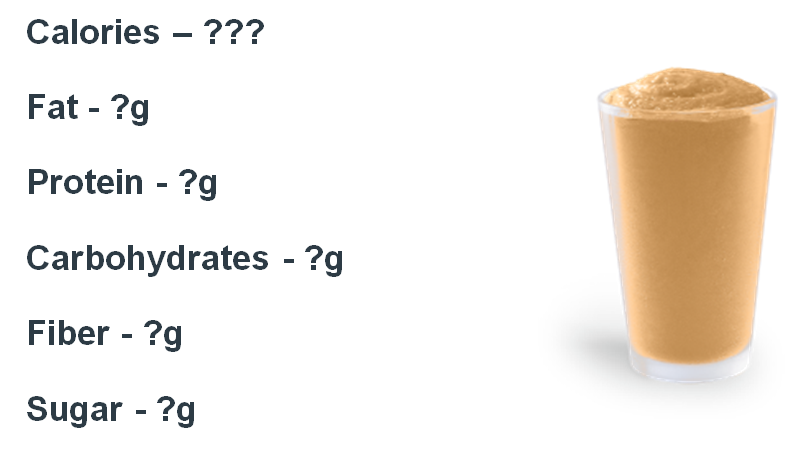
**Keto Smoothie** - 1 cup of cold water, 1 cup baby spinach, ½ cup cilantro, 1 inch ginger peeled, ¾ English cucumber peeled, ½-1 lemon peeled, 1 cup frozen avocado

**Fruit Cups** - Chopped up fruit of your choice packed in 100% fruit juice



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***Photo Gallery***

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**Banana Smoothie**



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**Today’s Truck Locations and Times:**

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**6:00-9:00 AM**

**Norfolk Naval Shipyard**

**Link to Map**

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**11:00 AM -2:00 PM**

**Norfolk Naval Base Pier 10**

**Link to Map**

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**4:00-7:00 PM**

**OneLife Gym Princess Anne**

**Link to Map**