**Banana Ginger Smoothie**

Prep time: 5 min Cook time: 0 min

**Ingredients:**

* 1 large banana peeled & sliced
* 1 cup almond milk or toned cow milk
* 1 cup vanilla yogurt
* 1 tbsp honey
* ½ tsp freshly grated ginger
* 1 tsp chia seeds
* 1 tsp flax seed powder

**Instructions:**

* Blend everything in a blender and serve chilled