
Almond-Banana Smoothie

Kevin Murley

Nettles Island Cooking in Paradise - 2014

1 medium banana
1 tablespoon almond butter
1 cup almond milk
1 tablespoon flax seed (ground)
2 teaspoons vanilla
2 cups ice

In a blender, mix the banana, almond butter, almond milk, flax seeds and vanilla.

Add ice to the blender.

Process until smooth.

Beverages

Per Serving (excluding unknown items): 232 Calories; 10g Fat (37.3% calories from fat); 4g Protein; 33g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Fruit; 1 1/2 Fat.