

# Banana Smoothie with Almond & Flaxseed

**Yields: 1 serving**  
**Prep: 5 min**

## Ingredients

1 medium or large banana, preferably frozen, sliced  
2/3 cup yogurt or almond milk  
1 Tablespoon roasted unsalted almond butter  
1 Tablespoon flaxseeds  
1 teaspoon honey  
1-2 drops almond or vanilla extract

## Directions

1. Place all ingredients in a blender. If the bananas have not been previously frozen, add a few ice cubes. Blend until smooth. Serve immediately.