

# Banana Almond Flax Smoothie



**Servings:** 1

Prep 5 minutes

Ready in: 5 minutes

## Ingredients

- 1 medium well ripened banana, peeled diced into pieces, frozen
- 2/3 cup unsweetened almond milk
- 1/3 cup fat free plain Greek yogurt
- 1 1/2 Tbsp creamy almond butter
- 1 Tbsp ground flaxseed meal
- 1 tsp honey
- 3 - 4 drops almond extract\*
- 4 ice cubes (optional)

## Instructions

1. To a blender add banana, almond milk, Greek yogurt, almond butter, ground flaxseed, honey and almond extract.
2. Blend until combined then add ice if desired and blend until smooth. Serve immediately.

## Notes

- \*I recommend pouring extract into lid first then drop in blender so you don't add too much.
- Recipe adapted from New York Times