**BANANA SMOOTHIE**



Let me introduce you to the creamiest and most delicious banana smoothie. This healthy banana smoothie is simple and packed with protein, fiber, and potassium! Blend it up this week for a healthy banana smoothie breakfast!

**INGREDIENTS**

* 2 cups [frozen sliced bananas](https://fitfoodiefinds.com/how-to-freeze-bananas/)
* 1/2 cup nonfat plain Greek yogurt
* 1/2 tablespoon ground flax seeds
* 1 cup unsweetened plain almond milk
* 1 teaspoon vanilla extract

**INSTRUCTIONS**

* Place all ingredients in a [high-speed blender](https://rstyle.me/n/dfp7bsb6pp7) and blend on high until smooth. Option to add more almond milk as needed.