



BANANA, FLAXSEED + ALMOND MILK SMOOTHIE

A creamy, nutrient-packed smoothie that's perfect for breakfast or a midday energy boost. This blend supports heart health, digestion, and provides sustained energy with no added sugar.

 5 minutes 5 minutes 1 portion

INGREDIENTS

- 1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)
- 1 cup of original almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E (240 g)
- 1 tbsp, whole of seeds, flaxseed (10 g)
- 1/2 teaspoon of cinnamon, ground (2 g)
- A few ice cubes

COOKING METHOD

- 1º Add all ingredients to a blender.
- 2º Blend until smooth and creamy.
- 3º Pour into a glass and enjoy immediately.
- 4º Pour into a glass and enjoy immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (470 g)	% DRI
ENERGY	85 kcal	398 kcal	20 %
FAT	3 g	15 g	24 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	6 mg	28 mg	9 %
SODIUM	54 mg	256 mg	11 %
CARBOHYDRATE	12 g	59 g	20 %
SUGARS	8 g	39 g	—
FIBER	2 g	8 g	34 %
PROTEIN	2 g	10 g	—