

Almond Butter Banana Smoothie



This quick and easy Almond Butter Banana Smoothie can be a quick snack or breakfast. The combination of banana, milk and almond butter ensures a good balance of carbohydrates, protein, healthy fats and dietary fibre within this single glass of smoothie!

Key facts

- Prepare time: 3 mins
- Cooking time: 1 min
- Serves: 1 person

Ingredient

- 1 Organic Banana
- 2 tablespoons 100% Almond Butter
- 1 cup Skim Milk/ any other Dairy-free Milk

Method:

1. In a blender, add all ingredients.
2. Blend until smooth.