

Banana Breakfast Smoothie

Vegetarian Times Issue: March 1, 2009 p.86 — Member Rating: -

Frozen bananas make smoothies that are rich and thick (not icy). You don't even need to slice them. Simply break them into chunks before blending.

Ingredient List

Makes 2 smoothies

2 frozen bananas, broken into 1-inch chunks (2 cups)

1 cup nonfat plain yogurt

1/2 cup frozen blueberries

1/4 cup granola

1 Tbs. honey

Directions

Place all ingredients in blender and process until completely smooth. Thin to desired consistency with 1/2 to 1 cup water.

Nutritional Information

Per : Calories: 268, Protein: 10g, Total fat: 2g, Saturated fat: 1g, Carbs: 58g, Cholesterol: 3mg, Sodium: 97mg, Fiber: 5g, Sugars: 37g

