

# Recipe: Green Banana Flour Smoothie

## Ingredients:

- **1 cup** milk (dairy or plant-based, e.g., almond, oat, or coconut milk)
- **1 ripe banana** (for natural sweetness and creaminess)
- **1-2 tablespoons** green banana flour
- **1 tablespoon** peanut butter or almond butter
- **1 teaspoon** honey or maple syrup (optional, for extra sweetness)
- **1/4 teaspoon** cinnamon powder (optional, for flavor)
- **1/2 teaspoon** vanilla extract (optional)
- **1/2 cup** ice cubes (optional, for a chilled smoothie)

## Optional Add-ins:

- **1 scoop protein powder** (for an extra protein boost)
- **1 teaspoon chia seeds** or **flaxseeds** (for added fiber)
- **1/2 cup spinach** (for added greens and nutrients)

## Instructions:

### 1. Blend Ingredients:

In a blender, combine the milk, ripe banana, green banana flour, peanut butter, honey (if using), cinnamon powder, vanilla extract, and ice cubes.

### 2. Blend Until Smooth:

Blend on high speed until creamy and smooth. Add a little more milk if the smoothie is too thick.

### 3. Adjust Sweetness:

Taste and add a bit more honey or banana if you want it sweeter.

### 4. Serve:

Pour into a glass and top with a sprinkle of cinnamon, chopped nuts, or a few cacao nibs for crunch.

## Why You'll Love This Smoothie:

- **Healthy and Filling:** High in fiber and resistant starch from green banana flour, which helps keep you full longer.
- **Naturally Sweetened:** Uses ripe banana as a natural sweetener.
- **Great for Digestion:** Green banana flour supports gut health.
- **Quick and Easy:** Ready in just 5 minutes!

Enjoy this creamy and delicious smoothie as a perfect on-the-go meal or refreshing snack! 🥤 🍌