

6. Recipe- Moringa Banana Smoothie

Moringa Banana Smoothie recipe that's not only **delicious** but also energizing, nutritious, and easy to prepare! The natural sweetness of banana perfectly complements the earthy flavor of moringa powder.

Moringa Banana Smoothie

Ingredients (Serves 1-2):

- 1 tsp **Moringa Powder**
- 1 large ripe banana (frozen for extra creaminess)
- 1/2 cup spinach or kale (optional, for an added nutrient boost)
- 1 cup almond milk (or any plant-based or regular milk)
- 1 tsp honey or maple syrup (adjust for sweetness)
- 1/2 tsp vanilla extract (optional, for flavor)
- A handful of ice cubes

Instructions:

1. Prepare the ingredients:

- Peel and chop the banana. If you use a frozen banana, it makes the smoothie thicker and creamier.

2. Blend the smoothie:

- Add the banana, **moringa powder**, spinach/kale (optional), almond milk, honey, and vanilla extract into a blender.
- Toss in the ice cubes for extra chill.

3. Blend until smooth:

- Blend on high speed for about **1-2 minutes** or until the smoothie is creamy and well combined.

4. Taste and adjust:

- Taste the smoothie and adjust sweetness by adding more honey or maple syrup, if needed.

5. Serve and enjoy:

- Pour the smoothie into a tall glass, garnish with a sprinkle of moringa powder or chia seeds, and serve immediately.

Why You'll Love This Recipe:

- ✓ **Nutrient-Packed:** Moringa powder provides vitamins, minerals, and antioxidants, while banana adds potassium and natural sweetness.
- ✓ **Naturally Sweet and Creamy:** No refined sugar needed! The banana provides the perfect creamy texture.
- ✓ **Quick and Easy:** Ready in under 5 minutes, making it perfect for breakfast or a mid-day energy boost.
- ✓ **Customizable:** Add protein powder, chia seeds, or flaxseeds for an extra boost of nutrition.

This **Moringa Banana Smoothie** is refreshing, delicious, and the perfect way to include moringa powder in your daily diet.