

Almond Butter & Banana Protein Smoothie

Ingredients:

- **1 ripe banana**
- **2 tablespoons almond butter**
- **1 scoop vanilla protein powder**
- **1 cup unsweetened almond milk**
- **1/2 cup plain Greek yogurt**
- **Ice cubes**

Instructions:

- 1. Combine all ingredients in a blender.**
- 2. Blend until smooth.**
- 3. Serve immediately.**

Protein: Approximately 27g

Benefits: Offers a creamy texture with heart-healthy fats and protein