



Banana Spice Smoothie

Makes 2 servings

Ingredients

2 ripe bananas
2 cups vanilla kefir (see Tip)
½ teaspoon ground cinnamon

½ teaspoon ground nutmeg
½ teaspoon ground allspice
12 ice cubes

Instructions

- Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

✓ **Tip:** Kefir is a drinkable yogurt found in the dairy section of most supermarkets; it supplies a healthy amount of protein and calcium and good-for-you probiotics.

Nutrition Facts

Serving size: 2 cups; Calories Per Serving 282; Fat 5g; Saturated Fat 3g; Fiber 6g; Carbohydrates 56g; Protein 10g; Folate 24mcg; Cholesterol 16mg; Sugars 40g; Added sugars 15g; Vitamin C 10mg; Calcium 345mg; Iron 0mg; Sodium 98mg; Potassium 427mg

Source: www.eatingwell.com

