

Healthy 3 Ingredient Banana Breakfast Smoothie

This thick, creamy and ice cream like smoothie is like having dessert for breakfast, but it's completely healthy! Made with just three ingredients and ready in seconds, it's a filling, satisfying breakfast or snack which is naturally gluten free, vegan, paleo, grain free, dairy free, allergen-friendly and whole30 compliant!

Servings 1

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Ingredients

- 1 1/2-2 frozen bananas more = thicker smoothie
- 1/2-3/4 cup non-dairy milk of choice unsweetened almond, coconut or cashew milk works great
- 1-2 T nut or seed butter of choice I prefer almond butter or cashew butter *
- cinnamon to taste optional

Instructions

1. Break your banana up into smaller pieces for easy blending.
2. Add all ingredients into the blender and blend until desired consistency- For a thicker, ice cream like smoothie, blend less. If smoothie is too thick, add more milk of choice. Top with cinnamon and enjoy.

Notes

* You can sub this for whole nuts- If you do, pulse them lightly first.