



Vanilla Smoothie

Ingredients

- 2 cups ice cubes
- 2 TBSP nut or seed butter
- 1 cup milk of choice
- 1 cup Greek yogurt
- 1 frozen banana, cut in one inch coins
- 2 pitted dates
- 1 tsp vanilla extract

Directions:

1. Add two cups of ice to a blender
2. Next, add frozen banana, nut butter, dates, and vanilla extract
3. Finally, pour in milk of choice
4. Blend until smooth; Add more liquid if needed
5. Portion into 8 oz cups; Enjoy!

Equipment

Blender
Cups

Cost: \$

Ease: 

Health Benefit: Dairy products like milk and yogurt are great sources of calcium for strong and healthy bones. Bananas and dates are naturally sweet and contain fiber for gut health. Nuts provide healthy fats.

Fare  Meals
by Arielle