**Almond Butter Banana Smoothie**

**Serves 4 people**

**Ingredients:**

3 Ripe frozen bananas

½ cup plain organic yogurt (Greek is creamier if you can find it)

½ cup of unsweetened almond milk

½ cup of almond butter

**Directions:**

Combine all ingredients in a blender and blend until smooth.

**Optional Ingredient:** To increase protein, add a quality chocolate or vanilla protein powder.

