

Frozen Banana Smoothie

Ingredients/Zutaten

- 1 or 2 frozen bananas
- Yogurt

Directions/Zubereitung

Prep

1. Fill a plastic bag with peeled bananas. Wrap them up removing most air, and store in freezer.

Smoothie

1. Drop a frozen banana and some yogurt in a blender.
2. Optional: Add other ingredients (ice, honey, vanilla extract, chocolate...)
3. Blend.
4. Optional: Sprinkle more ingredients on top, (chopped nuts, coconut slivers...).
5. Serve.