

Banana Almond Butter Smoothie

Medjool dates are the sweetening secret to these nutty, thick smoothies.

By **Merlyn Miller** | Updated on July 20, 2023

 Tested by **Food & Wine Test Kitchen**

Active Time: 5 mins

Total Time: 5 mins

Servings: 1 serving

Ingredients

1 banana, sliced, frozen

2 pitted Medjool dates

2 tablespoons almond butter

1/4 cup oat milk, plus more as needed

Directions

Step 1

Place banana, dates, almond butter, and oat milk in a blender and blend until smooth. Add more oat milk as needed, a splash at a time, until smoothie thins out to the desired consistency. Pour smoothie into a glass and serve immediately.