

Banana Spice Smoothie

Total: 5 mins

Servings: 2

★★★★☆☆

This healthy banana smoothie is made with vanilla kefir and spiked with warming spices.

EatingWell Test Kitchen



Ingredients

2 ripe bananas

2 cups vanilla kefir (see Tip)

½ teaspoon ground cinnamon

⅛ teaspoon ground nutmeg

⅛ teaspoon ground allspice

12 ice cubes

Directions

Step 1

Combine kefir, bananas, cinnamon, nutmeg, allspice and ice cubes in a blender; blend until smooth. Serve immediately.

Tips

Tip: Kefir is a drinkable yogurt found in the dairy section of most supermarkets, it supplies a healthy amount of protein and calcium and good-for-you probiotics.

Nutrition Facts

Serving Size: 2 Cups **Per Serving:** 283 calories; protein 10.1g; carbohydrates 56g; dietary fiber 5.7g; sugars 39.6g; fat 4.8g; saturated fat 3.4g; cholesterol 16.4mg; vitamin a iu 569.6IU; vitamin c 10.3mg; folate 23.6mcg; calcium 345.2mg; iron 0.4mg; magnesium 33.5mg; potassium 426.5mg; sodium 98.1mg; added sugar 15g. **Exchanges:**

1 1/2 Fruit, 1 Reduced-Fat Milk, 1 Other Carbohydrate

