



Creamy Banana Cashew Smoothie

Prep Time: 5 minutes

Servings: 1

Ingredients

- 1/4 Cup Vanilla Almond Milk
- 1/2 Cup Fat Free Greek Yogurt
- 1/4 Cup Oats
- 1 Banana
- 2 1/2 tsp. Stevia
- 1 tbsp. Cashew Butter
- 1 Cup Ice
- 1/2 tsp. Cinnamon
- 1/4 tsp. Nutmeg
- 1 tsp. Vanilla
- 3 Chopped Cashews

Instructions

1. Add everything to a blender (except the chopped cashews), and blend until smooth.
2. Pour into a glass or travel cup to drink on the way to work.
3. Sprinkle with cinnamon and chopped cashews.

