

# SMOOTH

A HEALTHY SMOOTHIE RECIPE

## INGREDIENTS

2 bananas	1 cup Super Power Granola
2 cups whole milk / almond milk	1 tbsp ground flax seeds
2 tbsp Honey	
1 tsp Vanilla Extract	Ice as needed

## DIRECTIONS

Blend the bananas, milk, honey, super power granola, ground flax seeds, vanilla and ice in a blender until frothy.

Scrape down the sides of the blender with a spatula occasionally. Serve immediately.

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