

# **Biggest Loser Banana Breakfast Smoothie**

## **Why Smoothies With Bananas Are Beneficial To Your Health**

Bananas are not only delicious and convenient, they provide a wide range of health benefits that put them on the top of my grocery list.

Bananas are also a favorite ingredient for green smoothie recipes. They provide the perfect creamy smoothie base and their flavor complements a variety of fruits such as strawberries, blueberries, pears, apples, pineapple – *really any fruit!*

If you are thinking about trying a green smoothie for the first time, I recommend that you start by using bananas because they make a delicious smoothie and work well at masking the flavor of bitter, mineral rich greens such as spinach or kale.

If the taste alone isn't enough motivation to eat a banana (or two) every day, how about the many health benefits!

To Make this Recipe You'll Need the following ingredients:

**PLEASE, USE THE NEXT PAGE BUTTON BELOW FOR THE RECIPE AND INGREDIENTS.**

## **Biggest Loser Banana Breakfast Smoothie**

**Perfect For Family Breakfast.**



## **Ingredients :**

- 1 banana, medium, sliced
- 1 cup skim milk
- 3/4 cup nonfat vanilla yogurt
- 1/4 cup pineapple juice
- 1/2 tablespoon honey

## **Directions :**

Add all ingredients to blender. Process the bananas, milk, yogurt, juice and honey until smooth. Serve immediately.

### **Makes 4 Equal Servings**

Per serving: 89 calories, 5 g protein, 16 g carbs, 1 g fat

**2 Pointsplus, 2 Smartpoints**

**PLEASE, USE THE NEXT PAGE LINK BUTTON FOR MORE**

**DELICIOUS RECIPES AND DON'T FORGET TO SHARE THIS  
POST WITH YOUR FRIENDS AND FAMILY ON FACEBOOK.**