

Healthy Coffee Banana Smoothie Recipe

Ingredients

1 cup chilled Seattle's Best brewed coffee

1½ bananas, cut into chunks

1 cup nonfat plain Greek yogurt

1 tbsp ground flax seed

2 tsp honey or agave nectar

½ tsp ground cinnamon

¼ tsp grated nutmeg

6 ice cubes

Instructions

1-Place all of the ingredients in a heavy-duty blender (one that can crush ice).

2-Blend until smooth. Serve.

Notes

Weight Watchers Points: 5 (SmartPoints), 3 (Points+), 2 (Old Points)

Nutrition Information

Serving size: 8 ounces | Calories: 126.1 cal | Fat: 1.0g | Saturated fat: 0.2g | Carbohydrates: 21.4g | Sugar: 13.2g | Sodium: 34.2mg | Fiber: 2.4g | Protein: 9.2g | Cholesterol: 3.3mg

Source: yummlly.com