

# Banana Smoothie

Quick and healthy banana smoothie recipe ready in 5 minutes! Creamy, nutritious drink perfect for breakfast or post-workout snack.

5	5	1	Easy
PREP MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Banana Smoothie

## Ingredients

- 1 banana
- 1 orange
- 1 cup plain yogurt
- 1 cup milk
- 1 tsp honey

## Instructions

- 1 Add 1 cup of milk to your blender first to help the blades move smoothly.
- 2 Add 1 frozen banana (broken into chunks if large) and 1 cup of yogurt to the blender.
- 3 Blend on high speed for 30-60 seconds until completely smooth with no visible chunks or streaks.
- 4 Taste and add 1 teaspoon of honey if desired for extra sweetness, then blend for 10 more seconds to combine.
- 5 Pour immediately into a tall glass and serve while cold and frothy.

## Tips

Use overripe bananas with brown spots for maximum sweetness and easier blending. The riper the banana, the sweeter your smoothie will be naturally.

Always freeze bananas in advance for the best texture. Peel and slice them before freezing on a parchment-lined tray to prevent sticking, then store in freezer bags for up to 3 months.

Add liquid ingredients first, then soft ingredients like banana, and finally any hard additions. This order helps your blender work more efficiently and creates a smoother blend.

Start with less liquid and gradually add more to achieve your preferred consistency. It's easier to thin a smoothie than to thicken it.

For extra creaminess without dairy, try adding half an avocado or a tablespoon of nut butter. These ingredients add healthy fats and create a luxuriously smooth texture.

If your smoothie lacks flavor, add a pinch of vanilla extract, cinnamon, or a few dates. These natural flavor enhancers can transform a bland smoothie into something special.

Chill your glass in the freezer for a few minutes before serving to keep your smoothie cold longer and enhance the refreshing experience.

Don't over-blend your smoothie as this can create too much air and make it foamy. Blend just until smooth and creamy for the best texture.