

## BANANA PEACH SMOOTHIE

**MAKES:** 4 servings (~1 cup each)

### INGREDIENTS

- 2 bananas, peeled
- 1 cup yogurt, plain or flavored
- 1 cup canned peaches (about 1 large peach)\*
- 1/4 teaspoon cinnamon

\*Instead of peaches, try one cup of your favorite fruit like strawberries, mango, or blueberries.

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### DIRECTIONS

Mix all the ingredients in a blender. Blend until smooth and divide into four glasses. Serve cold. **Note:** If you like your smoothie to be cold, blend in some ice cubes or use frozen bananas and peaches. Refrigerate or freeze the leftovers. Eat within two days if refrigerated.

You can also add one tablespoon of peanut butter for extra protein or a half of an avocado for extra healthy fats and to thicken your smoothie.

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