



Banana Almond Flax Power Smoothie

1/2 cup unsweetened almond milk

1 frozen banana, chopped

2 tbs. almond butter

1 1/2 tbs. flax seed

Optional: a handful of kale, preferably frozen, chopped

Combine all ingredients in a blender. Mix on low for 30 seconds to chop up the banana and begin incorporating ingredients.

Blend on high to puree the smoothie. Blend until the flax seed and kale are broken down and the mixture is frothy. Serves 1.

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