

Banana Cream Smoothie

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Servings: 2 (1 Cup Per Serving)

This delicious smoothie is loaded with calcium to keep your bones and teeth strong! It's a favorite with the kids because it's so creamy and crunchy!

Ingredients:

6 ice cubes
1 banana (sliced and frozen if possible)
1 cup low-fat vanilla yogurt
½ cup low-fat milk
1 teaspoon vanilla extract
1 teaspoon flaxseeds, ground
¼ teaspoon cinnamon, ground
1 tablespoon nonfat dry milk powder
2 tablespoons graham cracker crumbs (about 2 squares)

Directions:

1. Place ice cubes into blender and crush ice.
2. Place remaining ingredients into blender, except for graham crackers.
3. Blend until smooth.
4. Pour into cups.
5. Sprinkle with graham cracker crumbs and extra cinnamon (optional).
6. Enjoy!

Nutrition Facts: Serving Size: 1 Cup; Calories 210

Total Fat 4g; Saturated Fat 2g; Cholesterol 10mg; Sodium 180mg; Total Carbohydrate 32g; Dietary Fiber 3g; Sugars 21g; Protein 9g