

Banana Muffin Smoothie

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-banana-muffin-recipe-with-greek-yogurt>

Ingredients:

- 1/4 cup old fashioned oats
- 2 bananas large ripe
- 5 5/16 ounces greek yogurt vanilla
- 1/2 cup milk
- 2 teaspoons vanilla extract
- 1/4 teaspoon cinnamon
- 1 cup ice cubes
- 3 vanilla wafers for garnish, optional

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 10 milligrams
4. Fat: 3 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 80 milligrams
9. Sugar: 13 grams

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