

Banana Flaxseed Smoothie

By: Dottie Baltz

Makes 1 Serving

- ~ one medium banana, frozen, cut into pieces
- ~ 1/4 cup non-fat vanilla or plain yogurt
- ~ 1/3 – 1/2 cup non-fat milk
- ~ 1 tablespoon ground flaxseed meal
- ~ 1 teaspoon fiber powder
- ~ 1/2 teaspoon vanilla extract
- ~ dash cinnamon

Combine all ingredients in a blender and mix until smooth, about 10-15 seconds, depending on your blender. If you prefer a thicker smoothie, use less milk. Use more for a thinner smoothie. Serve immediately.

If you are using plain yogurt, you may want to add some Stevia to sweeten it slightly.

I use a pinch of powder or about 3 drops of the liquid extract. Depending on what brand you are using, you may have to use a little more or less. If you don't have Stevia, honey makes a good substitute. Start with a 1/2 teaspoon. If the banana was very ripe when frozen, you will most likely not need any additional sweetener, but I realize everyone's tastes are different.

If you grind the flaxseeds yourself, you will be able to absorb more of their beneficial oils. Since I take a good fish oil supplement, I just buy the already ground flaxseed meal for ease of use.

Variations:

- ~ Add up to five frozen unsweetened strawberries
- ~ Add a 1/4 cup of frozen wild blueberries