

Banana Bliss Smoothie

Swick

Serves 1 | Active Time: 5 minutes | Total Time:

Step 1: Make Smoothie

- 3 bananas sliced & frozen (≈2 cups)
 - 15 fl oz unflavored plant milk plus more as needed (≈2 cups)
 - 2 1/4 tablespoons hemp seeds
 - 1/3 teaspoon ground cinnamon
 - 3 3/4 oz frozen mixed berries (≈3/4 cup)
- In a high-powered blender (or food processor), combine frozen bananas, plant milk, hemp seeds, cinnamon, and frozen berries. Purée until seeds are pulverized and ingredients are incorporated. Add a bit more plant milk (or water) if needed to reach desired consistency.