

Smoothies Aren't Just for Summer!

Snacking can really impact your diet. Try this recipe for a healthy Banana Cream Smoothie and work in some of those nutritional elements while still getting a sweet treat!

Beverage Choices Matter

Find a healthy eating style that works for you by making small changes to your beverage choices. There are a few small changes you can make to improve your drink choices. For example, cut down on fat in your coffee by skipping the half and half or whole milk and opting in skim milk. Calcium without the calories!

Grape Soda (12oz)				1/2 100% Grape Juice + 1/2 Club Soda (12oz)			
Calories	Saturated Fat	Sodium	Added Sugars	Calories	Saturated Fat	Sodium	Added Sugars
148	0g	33mg	32g	112	0g	33mg	0g↓

How this food fits into MyPlate:

How this food fits into MyPlate:

#MyPlateMyWins

<https://www.choosemyplate.gov/node/5761>



Nutritious food choices add color to any diet

This institution is an equal opportunity provider

Healthy Banana Cream Pie Smoothie

Servings: about 2 servings

Ingredients

- 2 bananas, sliced and frozen
- 1/3 cup low-fat vanilla Greek yogurt
- 2 teaspoons vanilla extract
- 1 cup unsweetened vanilla almond milk
- 4 vanilla wafer cookies
- 1 1/2 tablespoons honey (I love using raw honey, if you can find it)
- 1/4 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground cinnamon
- 1 heaping cup of ice (more or less to fit your desired consistency)



Tips

The most important step is **freezing** your bananas ahead of time. Frozen bananas are key to both texture and flavor in this recipe, so be sure to slice them up and pop them in the freezer for at least 6 hours before blending. It's an easy step, but one easy to forget!

The second thing: Don't skip or skimp on the vanilla! There's 2 teaspoons of pure vanilla extract in this smoothie and that's exactly how much it needs to get that real sweet pie taste. After a few sips and slurps you'll know exactly what I'm talking about. Viva vanilla!

Directions

Place all ingredients in the body of a blender. Pulse until smooth and creamy. Serve at once!



Recipe and information from: <https://bakerbynature.com/healthy-banana-cream-pie->

Good news about everything that's good to eat!

Southwest Idaho
Administrative Offices 555
3562 South TK Ave.
Boise, ID 83705
(208) 336-9643

Eastern Idaho
555 South 1st Ave.
Pocatello, Id. 83204
(208) 233-8811

North Central Idaho
3331 10th St.
Lewiston, Id 83501
(208) 746-2288

