

Disney

THE LION KING

Squashed Banana Smoothie

2 Bananas
2 cups Unsweetened Coconut Almond Milk
2 tbsp Flaxseed Meal
1/2 tsp Cinnamon
1/4 tsp Cardamom
1/4 tsp Nutmeg
Ice

Combine all ingredients into a blender. Blend until smooth. Serve.



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Recipe courtesy of 2GeeksWhoEat.com