

# BANANA BREAD

## smoothies

What you will need:



2 Medium frozen bananas,  
peeled and sliced



2 tablespoons (TBSP)  
old-fashioned oats



½ cup fat-free milk



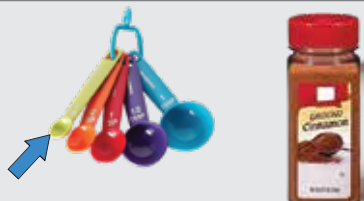
¼ cup plain non-fat  
yogurt



2 teaspoons (tsp) maple  
syrup



1 teaspoon (tsp) vanilla  
extract



¼ teaspoon (tsp) ground  
cinnamon, plus more if  
desired for garnish



1½ cups ice cubes

Optional ingredients:



1 tablespoon (TBSP) finely  
chopped, unsalted pecans or  
walnut



¼ cup frozen blueberries



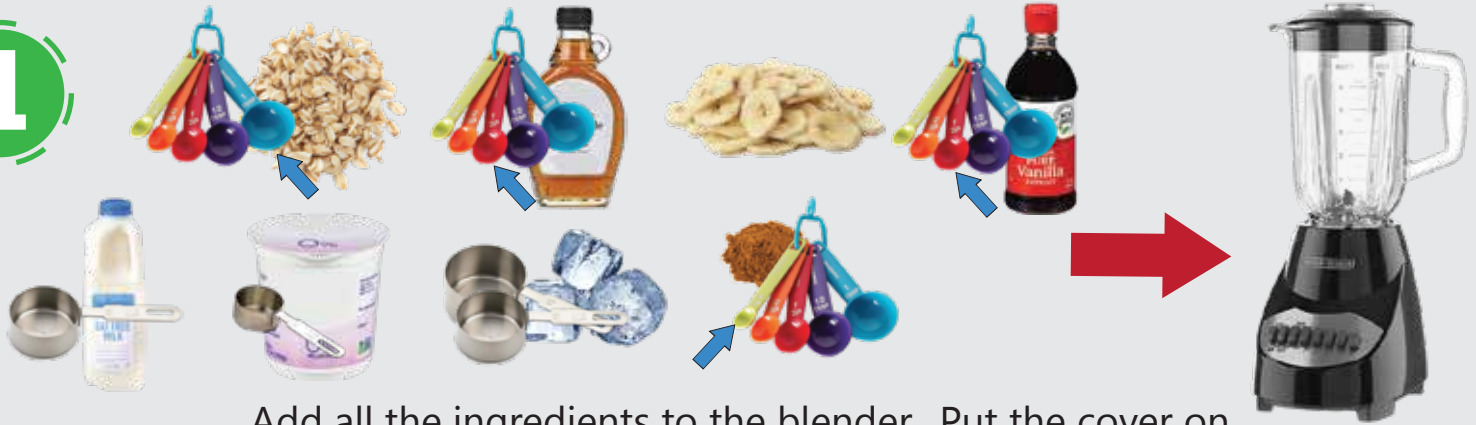
½ cup 100% orange juice



½ cup frozen strawberries

# Cooking Instructions

1



Add all the ingredients to the blender. Put the cover on.  
Pulse ingredients in the blender until smooth.

2



Optional add-ons:



Pour into 2 glasses with straws.  
Add nuts and additional cinnamon on top, if desired. Serve immediately.

3



Optional 2nd Smoothie recipe:  
Add blueberries, strawberries, orange juice & ice to blender and pulse until smooth.

For more heart-healthy recipes and information about adapted cooking, please visit



[www.hdi.uky.edu](http://www.hdi.uky.edu)



[www.wellness4ky.org](http://www.wellness4ky.org)



American Heart Association.

[www.heart.org](http://www.heart.org)



[lexingtonhealthdepartment.org](http://lexingtonhealthdepartment.org)

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