

Food Babe's Banana Bread Hemp Smoothie



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	2

<https://foodbabe.com/banana-bread-hemp-smoothie>

Ingredients:

- 2 bananas, frozen
- 3 tablespoons shelled hemp seeds
- 2 tablespoons almond butter (nut allergy - use sunflower seed butter)
- 1 cup baby spinach
- $\frac{3}{4}$ cup almond milk (nut allergy: use coconut milk)
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 pinch ground nutmeg

Instructions:

1. Place all of the ingredients in a blender and blend until smooth. Enjoy!

Notes:

- Please use organic ingredients if possible