

# BANANAS FOSTER SMOOTHIE



## TIME REQUIRED

5 mins including prep

## SERVING

2-3 (1 - 1.5 cups)

## STEPS

- Add banana, cinnamon, nutmeg, maple syrup, vanilla, cashews in high speed blender. Add water and ice and blend to a smooth texture. Enjoy cold.

## INGREDIENTS

- 3 bananas
- 11 ozs coconut water
- 1 tsp cinnamon
- 1 tbsp maple syrup
- 1 dash of nutmeg
- 1 handful of raw cashews
- 1 tsp of vanilla
- 1 cup of ice

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### PS

*This smoothie is naturally sweet and creamy with gentle holiday spices. Cashews add protein and healthy fat to keep blood sugar steady, while coconut water provides hydration and electrolytes. A refreshing, festive drink that feels indulgent but supports your wellness.*