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Banana Cashew Smoothie

Med carb



By BECKY JONES

Yum! Subtly sweet from the cashew nut butter, banana and maple syrup. Add 1/2 cup ice before blending, to chill it down. This basic recipe is easily adjusted to suit your nutrition needs and fuel demands, i.e. For Higher energy needs - Just add oats and more liquid. For a recovery smoothie post training, add protein powder or use 1/2 cup high protein Greek yogurt and use a large banana.

Prep: 5 min

Fresh: 1 days

Beginner

Ingredients for 1 Portion(s)

125 g Low Fat Milk

1 small Banana

30 g Cashew Nut Butter

20 g Maple Syrup

Method

Add all ingredients, plus 1/2 cup ice, to blender until smooth consistency is reached. Pour and enjoy immediately

****BASIC RECIPE WITH METRIC MEASUREMENTS**** 2TBSP cashew nut butter, 1 small banana, 1/2 cup milk, 1 TBSP maple syrup