

Breakfast | Snack

Banana Bread Smoothie

5 Mins
Prep Time

1-2 Mins
Cook Time

1
Serving

381 Calories **15g** Fat **52g** Carbs **13g** Protein



Ingredients

1 Serving **6-7 Mins** Total Time **Allergens:** Dairy, Nuts

½ Ripe Banana

½ Cup Vanilla, Coconut-Based Yogurt (such as So Delicious®)

1 Tbsp Smooth Peanut Butter

1 Cup Low Fat Milk

1 Tsp Cinnamon

¼ Tsp Vanilla Extract

Ice (omit if cold is bothersome)

Allergen Swap

Dairy Use a dairy-free alternative for the yogurt

Nuts Use a nut-free butter

Flare-Friendly Tips

Low Fat: Substitute out the peanut butter for a dehydrated option to lower the fat content

Enjoy this without a straw, as straws can trap air bubbles in the stomach and cause gas or bloating

Nourishment Note



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Yogurt

Yogurt contains beneficial probiotics that may help heal the gut.



Cinnamon

Cinnamon may help lower inflammation in your body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

Instructions

1. Blend Ingredients

Add all ingredients to a blender. Blend for approximately 1-2 minutes, until smooth.

2. Serve & Enjoy

Once fully blended, serve in a tall glass and enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cups



Measuring Spoons



Blender or Food Processor

Remission Remix

- Use cow's milk or Greek yogurt to increase protein content.