

# Banana Cake Smoothie

Leanne Foreman  
www.easyreadrecipes.com

high-speed blender  
1-cup measure  
measuring spoons  
chopping board and knife  
1 tall or 2 medium glasses

## METHOD

1. **Add** to the blender

## INGREDIENTS

1 very ripe **banana**  
1 cup **milk of choice**  
1 cup **ice cubes**  
1 TBS coarsely chopped **walnuts**  
1 TBS **chia seeds** (optional)  
1 tsp **ground cinnamon**  
1 tsp **raw honey or pure maple syrup**  
1 tsp **pure vanilla extract or powder**

2. **Blend** until smooth.

3. **Serve** in the glass/es topped with

extra **ground cinnamon**  
extra finely chopped **walnuts**

