

Banana Honey Milkshake

A creamy and sweet breakfast milkshake that is healthy and low in calories



Breakfast Dish

American

5 min

Total time

Easy

Difficulty

130

kcal / serving

Ingredients

- 1 Banana, 3 tablespoons honey, 1 tablespoon vanilla extract, 5 tablespoons plain yoghurt, 1/4 teaspoon ground cinnamon

Steps

- 1 Peel banana and cut into chunks
- 2 Place banana chunks and honey into blender and blend until smooth
- 3 Add remaining ingredients and blend until creamy
- 4 Pour into glass and enjoy!