

## BANANA AND FLAXSEED YOGURT

Banana and Flaxseed Yogurt

Makes 16 oz Serving

Calories 245 Ingredients

1 tablespoon flaxseeds

1 large banana

1/2 cup low fat plain yogurt

2 teaspoons honey 2/3 cup ice cubes

1. Add flaxseed, banana, yogurt, honey and ice into blender.

2. Blend until thick

3. Serve and enjoy