

Healthy Banana Pudding Smoothie

Creamy Comfort with a Nourishing Twist

Some flavors instantly bring back memories.

Banana pudding is one of those timeless desserts that reminds many of family gatherings, celebrations, and homemade comfort. Creamy bananas, hints of vanilla, and warm cinnamon create a combination that's both nostalgic and satisfying.

This healthier smoothie captures those familiar flavors while using wholesome ingredients that help fuel your body. Naturally sweet bananas, protein-rich Greek yogurt, heart-healthy oats, and a touch of vanilla come together for a delicious breakfast, post-workout snack, or afternoon energy boost.

Instead of leaving you feeling sluggish like traditional desserts often can, this smoothie provides protein, fiber, vitamins, and minerals to help support lasting energy and keep you feeling satisfied.

It's a comforting classic—made with wellness in mind.

□ Recipe Details

Prep Time: 5 minutes

Cook Time: None

Total Time: 5 minutes

Servings: 1

Difficulty: Easy

☐ Ingredients

- 1 medium ripe banana (preferably frozen)
- $\frac{3}{4}$ cup plain nonfat Greek yogurt
- $\frac{3}{4}$ cup unsweetened almond milk
- $\frac{1}{4}$ cup old-fashioned rolled oats
- 1 tablespoon natural almond butter
- 1 teaspoon pure vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon chia seeds
- 3–4 ice cubes
- Optional: 1 teaspoon pure maple syrup (if a sweeter smoothie is desired)

☐☐☐ Instructions

1☐☐ Add Ingredients

Place the banana, Greek yogurt, almond milk, oats, almond butter, vanilla, cinnamon, chia seeds, and ice into a blender.

2☐☐ Blend

Blend on high for 45–60 seconds until completely smooth and creamy.

3☐☐ Taste

Taste and adjust sweetness if desired by adding a small amount of pure maple syrup.

4☐☐ Serve

Pour into a tall glass.

For an extra touch, lightly sprinkle the top with cinnamon and

add a few thin banana slices for garnish.

Enjoy immediately.

□ **Why You'll Love This Smoothie**

- Tastes like banana pudding without the heavy sugar.
- Rich in protein to help keep you feeling full.
- Contains fiber for digestive health.
- Naturally sweetened primarily with fruit.
- Ready in just five minutes.

□ **Nutrition Benefits**

Bananas

- Excellent source of potassium
- Provide vitamin B6
- Support healthy muscle and nerve function
- Natural source of carbohydrates for energy

Greek Yogurt

- High in protein
- Contains calcium for strong bones
- Provides probiotics that support gut health

Oats

- Rich in soluble fiber
- Help support heart health
- Promote longer-lasting fullness

Chia Seeds

- Provide omega-3 fatty acids
- Excellent source of fiber
- Contain antioxidants and minerals

Cinnamon

- Adds flavor without added sugar
- Contains antioxidants
- May help support healthy blood sugar when paired with an overall balanced diet

□ Easy Variations

Higher Protein

- Add one scoop of vanilla protein powder.

Dairy-Free

- Replace Greek yogurt with a dairy-free yogurt alternative.

Extra Creamy

- Add $\frac{1}{4}$ of a ripe avocado.

Dessert Style

- Sprinkle crushed walnuts on top for added crunch.

□ Wellness Tip

Healthy eating doesn't mean giving up the flavors you love. By swapping highly processed ingredients for nutrient-dense whole foods, you can enjoy familiar comfort foods while supporting your overall wellness and energy.

□ Nutrition Facts (Approximate Per Serving)

Calories: 365

Protein: 24g

Carbohydrates: 40g

Dietary Fiber: 8g

Total Sugars: 18g (*primarily from fruit and dairy*)

Added Sugars: 0g (*1 teaspoon maple syrup adds approximately 4g if used*)

Total Fat: 12g

Saturated Fat: 1.5g

Cholesterol: 10mg

Sodium: 160mg

Potassium: 760mg

Calcium: 30% Daily Value

Iron: 10% Daily Value

Vitamin B6: 30% Daily Value

Vitamin C: 15% Daily Value

Omega-3 Fatty Acids: Approximately 2g

This smoothie is a delicious way to enjoy the nostalgic taste of banana pudding while providing balanced nutrition that supports sustained energy, fullness, and overall wellness.