

Banana Cream Pie Smoothie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 tbsp coconut nectar
- 2 tbsp coconut flakes (unsulfured)
- 1 frozen banana
- 1 tsp pure vanilla extract
- 1 scoop plant-based protein powder
- 1 cup coconut milk.
- Filtered water to your desired consistency.

Instructions:

1. Combine all ingredients in blender and blend until smooth.
2. Top with 1 tbsp coco flakes