

Banana Ginger Smoothie

Prep Time 5 mins
 Total Time 5 mins
 Meal Type Breakfast, Snack
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

 lb,c g,ml

- 4 bananas, *sliced*
- 4 cup yogurt, plain, non-fat
- 4 Tbs honey
- 1 Tbs ginger, fresh

Directions

Prep

1. Grate ginger. Slice banana.

Make

1. Combine all ingredients in a blender and blend until smooth.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories 270 per serving		Total Fat 0.4g	0%	Total Carbohydrates 60g	19%
		Saturated Fat 0.1g	0%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 44g	
		Cholesterol 5mg	1%	Protein 11g	
	Sodium 162mg	7%			
Vitamin D 3mcg 25% · Calcium 357mg 35% · Iron 0mg 2% · Potassium 440mg 9%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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