

Banana-y Banana Shake

THM-Friendly: E

If you like bananas, you'll love this super easy banana shake!

- 1 cup unsweetened nut milk
- 2 Tbsp. Vanilla [Pristine Whey Protein](#) (If you only have plain whey, add sweetener to taste, and a splash of vanilla)
- 1 small banana
- 1/2 cup frozen riced cauliflower
- 1/4 cup of a diced avocado (I used frozen, but fresh is ok. Just stay 1/4 cup or under to remain in E mode)
- 1/2 tsp. [banana extract](#)
- 1/2 cup non-fat plain Greek yogurt
- splash of [vanilla extract](#)

If you have spinach, throw a huge handful in!

Blend until perfectly smooth.

enJOY!

