

# Nutty Banana Seracal Smoothie



Makes: 1 serving

Each serving contains ½ a serving of Seracal



## Ingredients:

½ serving of Seracal  
(2 tablespoons, or 6.7 grams)

1 cup whole milk or  
non-dairy milk

2 ice cubes

1 ripe, medium banana, frozen

1 teaspoon honey (optional)

Dash of cinnamon, to taste

2 tablespoons nut  
butter (peanut, almond,  
cashew, sunflower)

## Instructions:

1. In a blender, add all ingredients and blend on high until the mixture is frothy and smooth.

**Customize it:** You can adjust the consistency by adding or reducing milk, to your preference!