

ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

Gingerbread breakfast smoothie

Recommended for All ages

Resources / Ingredients:

- 1 cup milk (dairy or unsweetened alternative)
- 2/3 cup plain Greek yogurt (use coconut yogurt for dairy free)
- 2 T almond butter
- 2 dates
- 1/4 cup oatmeal (certified gluten free, if necessary)
- 1/4 tsp cinnamon
- Dash each cloves and nutmeg
- 1/2 tsp freshly grated ginger (or to taste)
- 1 large frozen banana
- 4–6 ice cubes

Instructions:

- Add ingredients other than banana and ice cubes into blender
- Mix until dates are well broken down.
- Add the banana and ice cubes and blend until smooth and creamy.

