

## Banana Carob Smoothie\*

Recipe credit: <https://jenniferskitchen.com/>

- 1/4 cup raw almonds
- 1/3 cup vanilla almond milk, vanilla soy milk, or canned coconut milk
- 2 tablespoons carob powder
- 1 teaspoon Teeccino Vanilla Nut Naturally Caffeine-Free Herbal Coffee – optional
- 1/8 teaspoon salt
- 1 teaspoon vanilla
- 3 frozen bananas, cut into 1” to 2” chunks – divided



1. Place almonds, milk, carob powder, Teeccino (optional), salt, vanilla, and approximately 1 1/2 frozen bananas in blender. (A heavy-duty blender works best for this recipe; other blenders may not get the mixture smooth enough.) Blend until bananas are mostly blended.
2. Add remaining banana and blend until fairly smooth. Mixture will be thick; I find it blends best by alternating between cycle 1 and cycle 9\*\* on my blender. Do not over blend or mixture will lose its frostiness.

Serve immediately.

### Notes

- Don't skip the step of freezing bananas – this step is essential for a rich, creamy, sweet smoothie and we recommend not adding ice cubes.
- For a sweeter smoothie, add 1 tablespoon pure maple syrup (or Carob Syrup).
- \*\* If using a *Nutri Bullet* reduce ingredients by half; makes one.

\* <https://jenniferskitchen.com/2015/07/banana-carob-smoothie.html>