

Banana and maple syrup smoothie |

Recipe for 4 servings

Description

An onctuous drink with banana, yogurt, orange juice and maple syrup prepared into your blender.

Note

Use a variety of fruits for your smoothies, even frozen ones, to create exotic blends.

Ingredients

For the smoothie

- 2 Unit(s) Banana
- 500 Ml Orange juice
- 100 Ml Maple syrup
- 250 Ml Plain yogurt 2%

Preparation

- Preparation time **10 mins**

Smoothie preparation

Cut 4 slices of banana leaving the skin on. Place all the ingredients in a blender and mix until smooth. Pour into nice glasses and garnish the edge of your glasses with a slice of banana.

Bon appétit!