



## Dulche De Leche Banana Almond Smoothie

Makes 1 big serving fit for a Queen.

### Ingredients:

- 1 frozen banana, cut into chunks before freezing or if you don't have frozen you can use a fresh banana.
- 1 tbsp almond butter
- 1 tsp ground flax seed, I like to sneak a bit of this in.
- 1 cup almond milk
- 1/4 tsp vanilla extract
- 1 tbsp of dulce de leche, or more if you like!
- Handful of ice cubes if your banana is not frozen.

### Directions:

1. Place all the ingredients into a blender and blend until creamy.
2. Pour into large glass or keep in fridge until ready to drink.

### Cooks Notes:

- Add a splash of leftover coffee for an afternoon pick-up
- A dash of cinnamon is also a nice addition
- You can use any type of milk.