

5-MINUTE FLAX MEAL SMOOTHIE

- 1 Small Banana
 - 1.5 cups Almond Milk or plant-based milk
 - 2 T. Flax Meal
 - 1 T. Almond Butter
 - 1 T. Pure Maple Syrup
- Place all ingredients in a blender and blend until smooth.

TOTAL TIME: 5 MINS

