

Watermelon Banana Nut Bread Smoothie

Ingredients:

- 1 heaping cup cubed watermelon (cold or frozen)
- ½ ripe banana (or 1 small)
- 1 thick slice banana nut bread (about 1 cup loosely crumbled)
- ½ cup Greek yogurt or vanilla yogurt
- ½ cup milk (dairy or almond/oat milk)
- 1 tbsp peanut butter or almond butter (optional for richness)
- Ice (optional, if you want it thicker)
- Dash of cinnamon (optional)

Instructions:

1. **Prep the Banana Nut Bread:**

Tear or crumble the slice into small chunks.

2. **Blend:**

Add all ingredients to a blender: watermelon, banana, crumbled banana nut bread, yogurt, milk, and optional ingredients.

3. **Blend Until Smooth:**

Blend on high for 30–60 seconds until completely smooth. Add ice for a thicker texture.

4. **Taste & Adjust:**

- Add more milk if it's too thick.
- Add honey or maple syrup if you like it sweeter (especially if your banana bread isn't very sweet).

5. **Serve Cold:**

Pour into a tall glass, top with crushed nuts or a sprinkle of cinnamon if desired.

Optional Add-Ins:

- 1 scoop vanilla protein powder (for a post-workout version)
- Handful of spinach (for nutrients—won't affect flavor)
- A splash of lime juice (adds brightness)