

Easy Holiday Smoothie

Ingredients

- 1 banana, mashed
- 1 cup organic vanilla yogurt
- 1/2 cup organic whole milk
- 1/2 teaspoon real vanilla extract
- 1/4 teaspoon rum extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- Stevia to taste, if desired

Directions

Mash the banana well.

Put the other ingredients into a blender. After the other ingredients are in the blender, add the banana. Blend until the ingredients are thoroughly mixed.

Dust with additional nutmeg, if desired. Enjoy!