

# Banana Yogurt Shake

Written by Beena

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## Ingredients

Quantity:	Measure:	Ingredients:	Description:
2	Nos	Banana	peeled
1/2	Teaspoon	Cinnamon Powder	
1	Teacup	Curds	
1/4	Teacup	Honey	
1/4	Teacup	Ice Cubes	
1.1/2	Teaspoon	Milk	
1/8	Teaspoon	Nutmeg powder	
1	Teaspoon	Vanilla Essence	

## Method

1. Combine milk, bananas, yogurt, honey, vanilla, cinnamon and nutmeg in a blender.
2. Process until thick and creamy, about 2 minutes. Add ice and blend until smooth. Serve immediately.