

Toasted Coconut & Caramel Banana Smoothie



Imagine your favorite beachside dessert in a glass—that's this smoothie. It's creamy, dreamy, and tastes like the golden hour wrapped itself in bananas and went sunbathing in toasted coconut.

Ingredients

- 2 ripe bananas, peeled and frozen
- 1/2 cup canned coconut milk (or sub unsweetened almond milk for lighter version)
- 1/4 cup plain Greek yogurt (or use a dairy-free yogurt alternative)
- 2 tablespoons caramel sauce (store-bought or homemade)
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 cup unsweetened shredded coconut, toasted
- 1/2 cup ice cubes
- Pinch of sea salt

Instructions

1. Start by toasting your coconut: In a dry skillet over medium heat, add the shredded coconut and stir frequently until golden and fragrant, about 3-5 minutes. Remove from heat and let cool slightly.
2. In a blender, combine frozen bananas, coconut milk, Greek yogurt, caramel sauce, cinnamon, vanilla, and sea salt. Add half of the toasted coconut (save the rest for garnish).
3. Add in the ice cubes and blend on high until smooth and creamy.
4. Pour into two glasses and sprinkle the remaining toasted coconut over the top.
5. Optional: Drizzle with a little extra caramel and stick in a tropical paper straw for full vacation vibes.

Servings: 2

Nutrition

- **calories:** 290
- **protein:** 5
- **carbs:** 38
- **fat:** 14
- **fiber:** 4
- **sugar:** 22