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- Home
- Our Products
- ▶ Recipes
- 7 Benefits
- What's New
- Promotions
- Smile
- About Dannon
- Dannon Cares
- Healthy Lifestyles
- For Parents
- Fun For Kids

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## THE DANNON KITCHEN: Current Issue

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---

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**TODAY'S FEATURE**

04.24.06 | 9:00am est.

PRINT ARTICLE

### Here Comes the Smoothie Chef



**Banana Nut Smoothie**

Have you heard of bar chefs? I'm not sure exactly when the title sprung up, but it's getting more common everyday. The idea is to elevate the bartender to something akin to an executive chef. A bar chef sources new ingredients, develops new recipes and is the creative juice behind the bar.

Cocktails are often inspired by cuisine, sometimes they even replicate a bit of the dining experience in liquid form. You may have had a drink called a Girl Scout Cookie or an Oatmeal Cookie. Call yourself a smoothie chef and you too can become a creative drink maker. This Banana Nut Smoothie is my homage to banana bread. While you might not actually want to put banana bread in your smoothie, adding Dannon All Natural vanilla lowfat yogurt, walnuts, banana and cinnamon gives this smoothie its banana bread flavor. Just think of the flavors you can replicate in a smoothie, perhaps Peach Melba? Or Banana Split?

Whichever flavors you choose, nuts and yogurt are great smoothie additions. Smoothies make for a quick breakfast or snack on their own or with something from the oven. For breakfast, you might want to pair your smoothie with a piece of banana bread or a banana nut muffin. They're also great to give you energy before a workout so enjoy one before heading to the gym.

Written by [Amy Sherman](#)

**SARA'S FEATURED RECIPE**

PRINT RECIPE

NUTRITION

### Banana Nut Smoothie

#### Ingredients

- 1 banana, frozen
- 1 cup Dannon® All Natural Vanilla Lowfat Yogurt
- 1/4 cup chopped walnuts
- 1/2 tsp. ground cinnamon
- 1 tsp. honey (optional)
- 1/8 tsp. ground nutmeg

#### Directions

1. Cut the frozen banana into 3 or 4 chunks and peel. Place in blender with Dannon® All Natural Vanilla Lowfat Yogurt, walnuts, cinnamon and honey (optional).
2. Blend on high for 2 minutes or until smooth. Pour into glass and top with a dusting of ground nutmeg.

Yield: 1 serving

THE THRILLA IN VANILLA

WHIPPED CREAM -VS- DANNON PLAIN VANILLA YOGURT

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