

Pistachio Smoothie

Makes 4 servings

1/4 cup chopped pistachios

1 ripe banana, halved

1 cup coconut milk

1 tbsp sugar

1 cup ice

8 oz plain yogurt

Garnish

Extra chopped pistachios

Mint leaves

1. Blend together pistachios, banana, coconut milk, and sugar; blend until well combined.
2. Add ice and yogurt; blend until smooth.
3. Pour into individual glass cups. Garnish with extra chopped pistachios and mint.

Remark: You can also prepare with your favorite flavored yogurt instead of plain. Adjust sugar accordingly.

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