



Peanut Butter, Blueberry, and Banana Smoothie

This yummy peanut butter, blueberry, and banana smoothie is perfect for a warm summer morning. The creamy peanut butter mixed with the tart, frozen blueberries and subtlety of the banana make for one delicious and nutritious morning meal or drink. Feel free to substitute any nut or seed butter for the peanut butter to best suit your taste! You can even make this smoothie vegan by using plant-based milk, such as oat milk.

Yields: 1

Serving Size: 1 smoothie

Ingredients:

- 1 ripe medium banana (frozen, if preferred)
- 1 cup frozen blueberries
- 1 Tbsp peanut butter (or any nut or seed butter you prefer)
- 1 cup skim milk (or other preferred type of milk)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and serve immediately.

Chef's Note: If you prefer a thinner smoothie, you may add more milk to the blender.

Per Serving: Calories 284kcal, Carbohydrates 64g, Protein 14g, Saturated Fat 2g, Sodium 173mg, Fiber 7g, Sugars 43g
This recipe was adapted from Ambitious Kitchen.