

Peanut Butter Banana Smoothie



Serves: 2



Total Time:
4 minutes



Estimated Cost:
\$0.60 per serving

Ingredients

- 1 ripe banana (fresh or frozen),
- 2 tablespoons peanut butter,
- 1 cup milk (any kind),
- 1/2 cup plain yogurt,
- 1 teaspoon honey (optional),
- Handful of ice if banana is not frozen



Instructions

- 1 Combine all ingredients in a blender.
- 2 Blend until smooth, about 45 seconds.
- 3 Pour into two cups or travel bottles and serve.



Creamy,
nutty &
naturally
delicious!