



Peanut Butter Banana Smoothie

This is a great use for over-ripe bananas. You can also use almond or soy milk for a dairy-free version.

****Multiply by 4 for Class****

<u>U.S.</u>		<u>Metric</u>
1 each	Banana, overripe, peeled, frozen	1 each
1 Tbsp	Peanut Butter, natural, no sugar added	8.4 g
1/4 cup	Milk, Reduced Fat	60 mL

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth. If too thick, add more milk 2 tbsp at a time.
3. Enjoy immediately.

Nutrition Facts

1 Servings	
Serving size	1 Smoothie
Amount per serving	
Calories	220
Calories from Fat	80
Total Fat	8 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	5 mg
Sodium	50 mg
Total Carbohydrate	33 g
Dietary Fiber	4 g
Total Sugars	18 g
Includes 0g Added Sugars	
Protein	7 g
Vitamin D	0 %
Calcium	10 %
Iron	2 %

Potassium
Phosphorus

515 mg
85 mg