



Peanut Butter and Jelly Smoothie

U.S.

4 medium

2 cups

1/4 cup

1 Tbsp

Bananas, frozen

Strawberries, frozen

Peanut Butter, no sugar added

Vanilla Extract

Metric

4 medium

600g

60g

15mL

Preparation:

1. Gather all ingredients and equipment.
2. In a microwave safe bowl, microwave the strawberries for 2 minutes.
3. In a blender, combine all ingredients and blend on high until smooth.
4. Place the smoothie in the refrigerator for 20 minutes or until your desired temperature is reached.

Nutrition Facts

3 Servings

Serving size **8 ounces**

Amount per serving

Calories **320**

Total Fat	11 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	75 mg
Total Carbohydrate	48 g
Dietary Fiber	7 g
Total Sugars	25 g
Includes 0g Added Sugars	
Protein	7 g
Vitamin D	0 %
Calcium	2 %
Iron	6 %
Potassium	715 mg
Phosphorus	60 mg
