



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	60 mL

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in a blender and puree until smooth. If too thick, add milk or water 2 tablespoons at a time until desired consistency is reached.
3. Enjoy immediately.

Nutrition Facts

1 Serving

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 8 %

Iron 2 %

Potassium 520 mg

Phosphorus 85 mg
