



Peanut Butter Banana Smoothie (Large Font)

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.S.

1 medium
1 Tbsp
1/4 cup

Over-ripe Banana, peeled and frozen
Peanut Butter, no sugar added
2% Milk

Metric

1 medium
15 mL
60 mL

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredient in a blender and puree until smooth. If too thick, add milk or water to create desired consistency.
3. Enjoy immediately!

Nutrition Facts

1 Servings

Serving size **1 smoochie**

Amount per serving

Calories **230**

Calories from Fat 80

Total Fat 9 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated 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 5 %

Calcium 8 %

Iron 2 %

Potassium 507 mg

Phosphorus 82 mg
