



## 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.S.

1 each	Banana, overripe, peeled, frozen
1 Tbsp	Peanut Butter, natural, no sugar added
1/4 cup	Milk

### Metric

1 each
8.4 g
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**

**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

---