



## Peanut Butter and Jelly Smoothie

### U.S.

4 medium	Bananas, frozen
2 cups	Strawberries, frozen
1/4 cup	Peanut Butter, no sugar added
1 Tbsp	Vanilla Extract

### Metric

4 medium
600 g
60 g
15 mL

### **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.

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## **Nutrition Facts**

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3 Servings

**Serving size**                      **8 ounces**

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**Amount per serving**

**Calories**                              **320**

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

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8/31/20