

Peanut Butter Banana Smoothie

1. In a blender, add:

Bananas, peeled, frozen, cut into chunks	2
Milk	2 cups
Peanut butter, smooth	½ cup

2. Blend until smooth and pour into glasses.

Enjoy!
Makes 3 servings (1 cup each)



Courtesy of Healthy Start for Mom & Me, Winnipeg
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