



Peanut Butter Banana Smoothie

Ingredients

- frozen banana slices (equivalent to one small banana)
- 2 tablespoons powdered peanut butter
- 1 cup milk of choice

Instructions

- Add all ingredients to blender and blend until smooth!

Variations:

- Use powdered chocolate peanut butter instead of plain powdered peanut butter.
- Add one tablespoon cocoa powder or chocolate flavored protein powder.
- Use 1/2 cup yogurt and 1/2 cup milk in place of one cup milk.