



## Peanut Butter Banana Smoothie

**Yield:** 1 serving

### Ingredients

1 banana, overripe,  
peeled, frozen

1 tablespoon peanut butter,  
natural, no sugar added

¼ cup milk

### Instructions

1. 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.



### Nutrition Information

**Serving Size:** 1 smoothie

Calories: 220

Total Fat: 8 g

Saturated Fat: 2 g

Monounsaturated Fat: 0 g

Sodium: 50 mg

Total Carbohydrate: 33 g

Dietary Fiber: 4 g

Sugars: 18 g

Protein: 7 g

Source: Health meets Food

Presented by

**Culinary Medicine**

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