

 **HearingLife**

**Enjoy a
healthy treat
this month!**



Smoothies

Peanut Butter Banana Smoothie

Prep Time: 5 min.
Cook Time: 0 min.
Total Time: 5 min.
Calories: 380 kcal
Author: [Erin Clarke](#)

Ingredients

$\frac{3}{4}$ cup unsweetened almond milk
1 large banana cut into chunks and frozen
2 tablespoons creamy peanut butter
 $\frac{1}{2}$ cup nonfat plain Greek yogurt
 $\frac{1}{4}$ teaspoon ground cinnamon
Ice optional

Optional mix-ins:

$\frac{1}{2}$ scoop protein powder (vanilla or chocolate)
1 tablespoon flaxseed meal
1 tablespoon chia seeds

Instructions

1. Place all of the ingredients in a blender in the order listed:
 - Almond milk
 - Banana
 - Peanut butter
 - Greek yogurt
 - Cinnamon
 - Any extra mix-ins
2. Blend until smooth. If you'd like the smoothie thicker, add a few ice cubes and blend again.
3. Pour and enjoy!



Recipe credit: <https://www.wellplated.com/peanut-butter-banana-smoothie/>