

Peanut Butter Berry Smoothie

This meal worthy smoothie has all the elements to fuel your morning – protein, fiber, and healthy fats with a grown up PB&J flavor.

YIELD 1 SERVING	PREP TIME 5 MIN	TOTAL TIME 5 MIN
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INGREDIENTS

1 cup	Baby Spinach, packed
2 Tbsp	Peanut Butter, natural, no sugar added
1 cup	Frozen Mixed or Blueberries
1 each	Banana, frozen, medium
½ cup	Low-fat Milk, 1%
¼ cup	Water

CHEF'S NOTES

This smoothie features a simple ingredient list with an impressive nutrition profile, making it a great way to start your day. Smoothies taste best when you use frozen fruit (or veggies) to get that frosty, creamy texture. Skip the ice which will only water down the flavor!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all ingredients in the order listed to a large blender pitcher, breaking the frozen banana into smaller pieces before adding.
3. Starting on low and gradually increasing the speed, blend until smooth and creamy, with a consistent blue color. Scrape down the sides of the blender as needed. If needed, add water one or two tablespoons at a time to achieve a pourable consistency.
4. Serve immediately!

Nutrition Facts

1 serving per container

Serving size 16 oz (516g)

Amount Per Serving

Calories 430

% Daily Value*

Total Fat 19g 24%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 80mg 3%

Total Carbohydrate 60g 22%

Dietary Fiber 11g 39%

Total Sugars 36g

Includes 0g Added Sugars 0%

Protein 15g

Vitamin D 1.5mcg 8%

Calcium 200mg 15%

Iron 1.9mg 10%

Potassium 1060mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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