

Peanut Butter Banana Smoothie

This delicious blend of milk, yogurt, bananas and peanut butter makes for a filling breakfast on-the-go. Cocoa powder lends a touch of sweet that also hits the spot as an afternoon snack.

Makes: 2 Servings
Prep Time: 10 minutes
Cook Time: N/A
Source: MyPlate.gov

Ingredients

- 2 bananas (ripe, frozen)
- 1 cup skim milk
- 1 1/2 tablespoons creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup low fat vanilla yogurt
- 1 1/2 cups ice

Directions

1. Wash hands with soap and water.
2. Peel bananas, chop into small pieces and place in freezer until hard.
3. Gather all ingredients and put all ingredients in a blender.
4. Blend on high until smooth.
5. Pour into 2 glasses. Serve right away.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 of recipe	
Nutrients	Amount
Calories:	260
Total Fat:	8g
Saturated Fat:	2g
Cholesterol:	6mg
Sodium:	136mg
Total Carbohydrates:	40g
Dietary Fiber:	4g
Total Sugars:	28g
Added Sugars:	5g
Protein	11g

Utensils Needed

- Butter knife
- Cutting board
- Measuring cups
- Measuring spoons
- Blender or mixer

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$10.97

Average cost/serving: \$5.49

Makes: 2 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients



Add 2 to cart
Ripe banana



Add 1 to cart
Half gallon low-fat or skim milk



Add 1 to cart
Creamy peanut butter



Add 1 to cart
Unsweetened cocoa powder



Add 1 to cart
Low-fat vanilla yogurt (6 oz.)

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Get kids of all ages involved in making this healthy snack by giving them age appropriate tasks; measuring, peeling, adding ingredients, mixing and/or blending.
- Have a craving for this recipe during the cold winter months? Simply add your ripe bananas fresh, not frozen.

Similar Recipes

- Consider trying other recipes with similar ingredients found on snapedny.org, such as:
 - Yogurt Parfait
 - Peanut Butter Banana Pancakes
 - Ants on a Log
 - Banana Bread