

PEANUT BUTTER BANANA SPINACH SMOOTHIE



SERVES

1

PREP & COOK TIME

5 min.

DIFFICULTY



INGREDIENTS

- 2 handfuls spinach, fresh
- 2 medium-sized ripe bananas, frozen
- 2 tbsp. peanut butter
- 1 1/2 cups milk of choice
- 1/2 cup Greek yogurt

INSTRUCTIONS

1. Combine all ingredients in a high-speed blender. Blend until smooth.
2. Check the consistency. If you prefer your smoothie thicker, add ice. If you prefer your smoothie thinner, add more milk or water.
3. Enjoy immediately.

HEALTHY TIP

If you're using fresh bananas, add a handful of ice for a colder smoothie.