



Peanut Butter Banana Breakfast Shake

Hurried in the morning? Need breakfast to be made at breakneck speed? Toss all of the ingredients in the blender and enjoy this shake on the go.

Makes: 1 serving

Ingredients

- 1 cup milk
- ½ cup banana slices, frozen
- 1 tablespoon peanut butter
- ¼ teaspoon ground cinnamon
- ½ teaspoon vanilla extract
- cocoa powder for garnish (optional)



Directions

1. Combine all ingredients in a blender and mix until smooth and creamy.
2. Pour into a tall glass and garnish with a sprinkle of cocoa powder, if desired.

Recipe from: University of Nebraska Cooperative Extension, adapted by the USDA Food and Nutrition Administration.

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