



Peanut Butter Banana Smoothie

This delicious blend of bananas, milk, yogurt, 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

Ingredients

- 2 bananas, chopped and frozen
- 1 cup milk
- 1 ½ tablespoons creamy peanut butter
- ½ tablespoon unsweetened cocoa powder
- ½ cup yogurt
- 1 ½ cups ice

Directions

1. Place bananas, milk, peanut butter, cocoa powder, yogurt, and ice in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.



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