

# RECIPE



---

## PEANUT BUTTER BANANA SMOOTHIE

### INGREDIENTS:

- 2 large bananas, broken in pieces
- 1/2 cup smooth peanut butter
- 2 cup ice cubes
- 2 cup milk
- 2 tbsp honey
- chocolate syrup (optional)

### DIRECTIONS:

In a Vitamix or blender, first add the ice cubes into the bottom. Then add in the banana pieces, peanut butter, milk and honey.

Turn the Vitamix on to the smoothie programmable icon and press start. The Vitamix will automatically turn off when it is finished blending.

If using a regular blender, start on a low speed and gradually work to a high speed. Continue to blend until smooth.

If desired, drizzle the sides of your serving glass with chocolate syrup and let it run down the inside. Pour in the smoothie and enjoy!

Serves: 2



---