



## Crunchy PB & Banana Smoothie

Perfect for peanut butter lovers, this delicious smoothie is a great source of fiber, calcium, and protein.

### Ingredients:

- 1 cup unsweetened almond milk
- 2 tbsp peanut butter
- 2 tbsp unsweetened cocoa or cacao powder
- 1 banana
- 1 1/2 cups ice cubes
- 1/4 cup high-protein granola

### Instructions:

Add ingredients to blender jar in order listed and secure lid. Blend on a Medium speed for 40-50 seconds.

### Nutritional Information:

- Servings: 2
- Servings size: 10 fl oz
- Calories: 206 kcal
- Carbohydrates: 33 g
- Sugar: 15 g
- Protein: 8 g
- Fat: 11 g
- Saturated Fat: 2 g
- Fiber: 6 g
- Sodium: 150 mg
- Cholesterol: 0 mg