



PEANUT BUTTER BANANA SMOOTHIE



2 minutes



4 servings

INGREDIENTS

- 2 frozen bananas, broken into chunks
- 2 cups of milk, low-fat
- 1/2 cup peanut butter
- 2 tablespoons honey, to taste

DIRECTIONS

1. Place bananas, milk, peanut butter, and honey into a blender; blend until smooth, about 30 seconds.
2. Enjoy!

Recipe source: adapted from:www.allrecipes.com



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