



PEANUT BUTTER BANANA POWER SMOOTHIE

YIELD:
1
SERVING

PREP TIME:
5
MINUTES

COOK TIME:
2
MINUTES

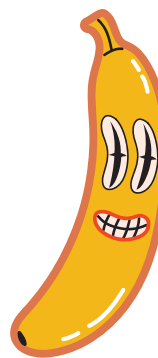
DIRECTIONS

1. Place milk, banana, nut butter, Greek yogurt, and protein powder in the blender.
2. Blend until smooth.
3. Add ice and blend if you prefer a thicker smoothie.
4. Pour into a glass and top with optional chocolate chips.

INGREDIENTS

- $\frac{3}{4}$ cup milk of choice
- 1 large banana
- 2 tbsp nut butter
- $\frac{1}{2}$ cup vanilla Greek yogurt
- Ice (optional)
- 1 scoop vanilla or chocolate protein
- Chocolate chips (optional)

NOTES



Watch the how-to on our YouTube, @sanfordfitkids!



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BITE BREAKDOWN

Need a quick breakfast or snack that will actually keep you full and energized? Level up your smoothie by adding some protein. Here is why it is a game changer:

- **Stay full longer:** Protein makes you feel full and satisfied, so you won't be snacking again an hour later.
- **More muscle power:** Protein is your best friend when it comes to strong muscles. This powerful nutrient helps build and repair muscles.
- **No sugar crash:** Protein helps keep your blood sugar steady, so you avoid those energy dips and cravings that come from sugar filled foods.

NUTRITION FACTS*

Serving size: 1

- Calories: 630kcal
- Carbohydrates: 57g
- Fat: 22g
- Protein: 52g
- Sugar: 30g
- Fiber: 6g



*These are approximate values, and actual results may vary based on the specific products and portion sizes you use! You can adjust for different types of milk or yogurt, or skip the optional add-ins for a more basic smoothie.

RECIPE RATING

