

Peanut butter banana smoothie



Recipe credit

[USDA Center for Nutrition Policy and Promotion](#)

About this recipe

Serves

2

Serving size

1/2 of the recipe

Ingredients

- 2 small bananas (ripe, frozen)

- 1 cup skim milk
- 1 1/2 tablespoons creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup low-fat vanilla yogurt
- 1 1/2 cups ice

Directions

1. Peel bananas, chop into small pieces and place in freezer until hard.
2. Gather all ingredients and put all ingredients in a blender.
3. Blend on high until smooth.
4. Pour into 2 glasses. Serve right away.

Tips and variations

- Garnish with a slice of banana and sprinkle of cinnamon!
- Watch how to make this [kid-friendly recipe](#) on YouTube.

Nutritional info

Calories

260

Total fat

8 g

Saturated fat

2 g

Cholesterol

6 mg

Sodium

136 mg

Total carbohydrates

40 g

Dietary fiber

4 g

Protein

11 g

Total sugar

28 g

Allergens

Dairy

Tree nuts

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