

Peanut Butter Banana Smoothie



Ingredients:

- 2 tbsp. peanut butter
- 1 banana
- 1 1/2 cups ice cubes
- 1/4 cup high-protein granola
- 1 cup unsweetened almond milk

Nutritional Information:

- Calories: 281
- Fat: 13g
- Saturated Fat: 2g
- Cholesterol: 0mg
- Sodium: 150mg
- Carbohydrates: 33g
- Fiber: 6g
- Sugar: 15g
- Protein: 8g

Instructions:

Add ingredients to blender jar in order listed and secure lid.

Select "Ice Crush" or blend on a Medium to Medium-Low speed for 30-40 seconds.

Keep an eye on it as to not over- or under-blend.