

Peanut Butter Banana Smoothie

Makes: 2 Servings

Ingredients

- 2 small bananas (ripe)
- 1 cup skim milk
- 1 1/2 tablespoons creamy peanut butter
- 1/2 tablespoon unsweetened cocoa powder
- 1/2 cup light vanilla yogurt
- 1 1/2 cups ice

Directions

1. Put all ingredients in a blender.
2. Blend on high until smooth.
3. Pour into 2 glasses. Serve right away.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	232	
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Total Fat	7 g	
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Protein	11 g	
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Carbohydrates	36 g	
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Dietary Fiber	4 g	
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Saturated Fat	2 g	
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Sodium	129 mg	
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*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	3/4 cup
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Protein Foods	1/2 ounce
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