



## Peanut Butter Banana Smoothie

**Makes:** 2 Servings

This delicious blend of milk, yogurt, bananas and peanut butter makes for a filling breakfast on-the-go. Cocoa powder lends a touch of sweet that also hits the spot as an afternoon snack.

### 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.

### Notes

Watch how to make this [\*kid-friendly recipe\*](#) on YouTube.

**Source:** USDA Center for Nutrition Policy and Promotion






## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>260</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	6 mg
<b>Sodium</b>	<b>136 mg</b>
<b>Total Carbohydrate</b>	<b>40 g</b>
Dietary Fiber	4 g
Total Sugars	28 g
Added Sugars included	5 g
<b>Protein</b>	<b>11 g</b>
Vitamin D	2 mcg
Calcium	266 mg
Iron	1 mg
Potassium	801 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	3/4 cup
 Protein Foods	1/2 ounce
 Dairy	3/4 cup

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