Peanut Sesame Butter Banana Smoothie

Ingredients

* 1 cup whole milk
* 1 medium ripe banana, cut into chunks and frozen
* 2 tablespoons unsweetened peanut butter
* A few dashes cinnamon
* 2 ice cubes

Method

1. Blend the smoothie and serve:

Add 1 cup whole milk, banana, peanut butter, cinnamon, and ice to a blender carafe. Start the blender on low and gradually increase to high.

Stop and scrape down the sides of the blender as needed. If the smoothie is too thick add additional milk, one tablespoon at a time, to reach desired consistency.

Blend until the smoothie is frothy and smooth with ice completely blended. Serve.