

# Protein PB Banana and Blueberry Smoothie

## Ingredients:

Vanilla protein powder

Frozen banana

Frozen blueberries

Peanut butter

Granola

Almond milk (can sub for a milk of your choice)

## Instructions:

- Add to blender
  - one frozen banana
  - handful of blueberries
  - half or one scoop vanilla protein powder
  - two spoonfuls of peanut butter
  - ½ cup granola of your choice
  - add almond milk until it covers the frozen fruit
- Blend until mixed together

\* Option to add spinach for some greens