

PEANUT BUTTER & JELLY DATE SMOOTHIE

Prep time	Total time
10 mins	10 mins

Simple Factor: One Bowl, 15 Minutes or Less, 7 Ingredients or Less

Author: Minimalist Baker

Recipe type: Smoothie

Cuisine: Vegan

Serves: 1



Ingredients

- 4 deglet nour or medjoul dates, pitted
- 1 Tbsp creamy natural peanut butter
- 1 small banana, frozen without the peel and quartered
- 1/2 – 3/4 cup unsweetened vanilla almond milk (depending on preferred thickness)
- 1/3 cup frozen blueberries
- 1 Tbsp flax seed meal

Instructions

1. Add all ingredients to blender and mix until well combined. Add more frozen blueberries or banana to make it thicker, or more almond milk to thin it out.

Nutrition Information

Serving size: 1 smoothie Calories: 374 Fat: 13 g Saturated fat: 1 g Carbohydrates: 60 g Sugar: 39 g Fiber: 11 g Protein: 8 g

Recipe by Minimalist Baker at <http://minimalistbaker.com/peanut-butter-jelly-date-smoothie/>