

Peanut Butter Cup Smoothie

Cocoa Powder, Peanut Butter, and Banana are blended up for a healthy dreamy treat!

 **Prep Time** 5 minutes

Servings 1 -

Calories 449kcal

Author Stacey



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Ingredients

- 3 TBSP smooth peanut butter
- 1 banana
- 1 TBSP heaping dark cocoa powder
- 1 TBSP Honey
- 1/3 cup unsweetened vanilla or chocolate almond milk
- 2 cups Ice

Instructions

1. Gather all ingredients and blender. Add ingredients into blender as listed and blend until smooth.

Nutrition

Calories: 449kcal | Carbohydrates: 63g | Protein: 15g | Fat: 18g | Saturated Fat: 3g | Sodium: 295mg | Potassium: 783mg | Fiber: 5g | Sugar: 36g | Vitamin A: 75IU | Vitamin C: 10.2mg | Calcium: 19mg | Iron: 1.3mg



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