

Peanut Butter Banana Smoothie



It is so refreshing and it's sweet and tasty.

By Becca

Prep: 5 mins

Total: 5 mins

Servings: 4

Yield: 4 servings



Ingredients

2 bananas, broken into chunks

2 cups milk

½ cup peanut butter

2 tablespoons honey, or to taste

2 cups ice cubes

Directions

Step 1

Place bananas, milk, peanut butter, honey, and ice cubes in a blender; blend until smooth, about 30 seconds.

Nutrition Facts

Per Serving: 335 calories; protein 12.8g; carbohydrates 34.1g; fat 18.8g; cholesterol 9.8mg; sodium 202.8mg.