

## GREEN PEANUT SMOOTHIE

### INGREDIENTS

- 1 medium unit [7" to 7-7/8" long] of bananas, raw [118 g]
- 2 tbsps of peanut Butter, smooth [32 g]
- 2 tbsps of cocoa, dry powder, unsweetened [11 g]
- 1 cup of spinach, raw [30 g]
- 2 cups of beverages, almond milk, unsweetened, shelf stable [524 g]
- 1 oz of seeds, chia seeds, dried [28 g]

### COOKING METHOD

- <sup>10</sup> Place all ingredients in a blender and blend until smooth. \*\*Note: you can substitute 2 Tbsp powdered peanut butter (e.g. PB Fit or PB2) in place of the regular peanut butter.

### NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	73 kcal	4 %
FAT	4 g	7 %
FATTY ACIDS, TOTAL SATURATED	1 g	4 %
CHOLESTEROL	0 mg	0 %
SODIUM	76 mg	3 %
CARBOHYDRATE	8 g	3 %
SUGARS	3 g	—
FIBER	3 g	11 %
PROTEIN	2 g	—