



Peanut butter banana smoothie

5 minutes

Hands on

2

Portion(s)

1

Difficulty



Ingredients

- 100 g banana, ripe, cut into slices
- 250 g almond milk
- 50 g spinach, frozen
- 2 tablespoon(s) [homemade peanut butter](#)
- 1/4 teaspoon(s) cinnamon, ground

Διατροφικός πίνακας

Nutrition information per portion

185 Calories (kcal)	11.0 Total Fat (g)	2.5 Saturated Fat (g)	13.0 Total Carbs (g)
9%	16%	13%	5%
11.0 Sugars (g)	7.1 Protein (g)	2.9 Fibre (g)	0.4 Sodium (g)
12%	14%	12%	7%

Method

- Puree all of the ingredients in a blender, until nice and smooth.
- Serve chilled in glasses.

Tip

We are using frozen spinach instead of ice cubes!