

Peanut Butter and Banana Smoothie

Ingredients:

3 frozen bananas

1/4 cup peanut butter (smooth or chunky)

1 1/2 cups soy milk (or skim milk)

1/2 cup greek yogurt

1 teaspoon honey

1 tablespoon chopped roasted peanuts

Directions:

1. Throw a few frozen bananas into a blender along with the peanut butter, soy milk (or skim milk), yogurt and honey.
2. Blend until smooth.
3. Top each with a teaspoon of chopped peanuts and maybe include a paper straw.

