

## Peanut Butter and Banana Milkshake

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 4 servings | Serving Size: ¾ cup

## **Ingredients**

4 frozen medium bananas, peeled and sliced before freezing

¾ cup lowfat (1%) milk, plus more as needed to adjust the consistency

2 tablespoons creamy natural peanut butter

## **Directions**

- 1. Add the bananas, milk, and peanut butter to a blender or food processor.
- 2. Blend until smooth and thick (milkshake consistency), add more milk as needed to adjust the consistency.
- 3. Serve immediately.

## **Recipe Notes**

- Any time you have overripe bananas, peel them and cut them into chunks. Then, toss them into a zip-top plastic bag or a freezer-safe container with a lid and freeze until needed.
- Look for peanut butter without added honey or sugar.
- Substitute your favorite unsweetened non-dairy milk if desired.
- Add 2 tablespoons unsweetened cocoa powder for a chocolate-peanut butter flavor.
- Portion any leftovers into a popsicle tray or small paper cups with a popsicle stick for a frozen sweet treat.

Nutrition Facts Per Serving: Calories: 225 | Total Fat: 8.5 g | Saturated Fat: 1.5 g Sodium: 25 mg | Total Carbohydrate: 32 g | Dietary Fiber: 4 g | Protein: 6.5 g

