



Peanut Butter and Banana Milkshake

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

Yield: 4 servings | Serving Size: $\frac{3}{4}$ cup

Ingredients

4 frozen medium bananas, peeled and sliced before freezing

$\frac{3}{4}$ 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

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs