

PB&J Smoothie

Kid Friendly

Low Added Sugar - Gluten Free

Ingredients

Servings: 2

Prep Time: 5 minutes

- 1 1/4 cups **frozen berries** (see notes)
- 2 tbsp **peanut butter**
- 1 **banana**
- 1 cup **low fat milk**

Note: Fresh berries can also be used. Use 1 cup fresh berries and 1/4 cup ice. You can use any berries, but strawberries and raspberries are recommended.

Directions

1. Combine all ingredients in a blender.
2. Blend until smooth, stopping to scrape the blender if needed.
3. Enjoy!



Recipe adapted from Feeding PA