Peanut Butter Banana Smoothie

Serves 2
Serving Size: 1 cup
Cost per Serving: $0.54

Ingredients:
1 frozen banana
1 container (6 ounces) vanilla yogurt
½ cup nonfat milk
1 tablespoon peanut butter

Optional Ingredients:
½ teaspoon cocoa powder
1 teaspoon chia seeds
3 ice cubes

Directions:
1. Cut fresh banana into 4 to 6 chunks. Place in a tightly sealed container or zippered bag. Freeze for at least 4 hours.
2. Place frozen banana, yogurt, milk, peanut butter, and optional ingredients in a blender. Blend until smooth.
3. Serve immediately.

Tips:
• This recipe can be doubled or tripled, and extra smoothie can be stored in an airtight single serving containers in the freezer.

Nutrition Facts per Serving: 160 calories, 4.5g total Fat (1g sat. fat), 5mg Cholesterol, 110mg Sodium, 25g Carbohydrates, 2g Fiber, 2g Sugar, 8g Protein