

Recipe of the Month – June 2021

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

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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