

Peanut Butter Banana Oat Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NUTRITION

AMOUNT PER SERVING

Calories	389	Carbs	48g
Fat	20g	Protein	12g