

PEANUT BUTTER, BANANA, CHOCOLATE, PROTEIN SMOOTHIE



Ingredients:

1 cup ice cubes

1 large banana

(I like to slice the bananas and

freeze them if they are frozen use $\frac{1}{2}$ cup of ice)

$\frac{1}{8}$ cup of almond milk (you can also use cashew milk)

2 scoops chocolate protein powder of choice

2 scoops of peanut butter (around $\frac{1}{4}$ cup) I

love peanut butter, so feel free to half this if you want less of a peanut butter taste

Directions:

Put all of the ingredients in the blender and blend until smooth. This is one of the most delicious PB smoothies I have ever had.