



This smoothie is quick, portable, and packed with protein and carbs for energy. Perfect for busy mornings or as a post-workout option!

Peanut Butter Banana Protein Smoothie

Ingredients:

- Unsweetened Almond Milk: 1 cup (240 ml)
- Banana: 1 medium (~100 g)
- Natural Peanut Butter: 1 tbsp (16 g)
- Vanilla Protein Powder: 1 scoop (~30 g)
- Rolled Oats: 2 tbsp (15 g)
- Ground Cinnamon: 1/4 tsp (1 g)
- Ice Cubes: 4-5 cubes

Instructions:

1. **Combine Ingredients:**
 - In a blender, add almond milk, banana, peanut butter, protein powder, rolled oats, ground cinnamon, and ice cubes.
2. **Blend:**
 - Blend on high for 30-60 seconds, or until smooth and creamy.
3. **Serve:**
 - Pour into a to-go cup or shaker bottle, and enjoy immediately!

Macronutrients:

- Calories: ~350 kcal
- Protein: 27 g
- Carbohydrates: 35 g
 - Fiber: 5 g
 - Sugars: 14 g (natural from banana)
- Fat: 10 g
 - Saturated Fat: 1 g