

Recipe

BEGINNER'S GREEN SMOOTHIE: PEANUT BUTTER & BANANA



► ► Vegan, gluten-free, oil-free, soy-free, refined sugar-free

Yield: 1 large serving, 2 small servings

Prep Time: 5 min

Total Time: 5 min

INGREDIENTS

2 bananas, peeled, frozen

2 Tbsp (30g) peanut butter

1 cup (30g) raw spinach

1.5 cups (375mL) almond milk, or other plant milk

DIRECTIONS

Place all ingredients in a blender on high until well combined. Pour, serve and enjoy!

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